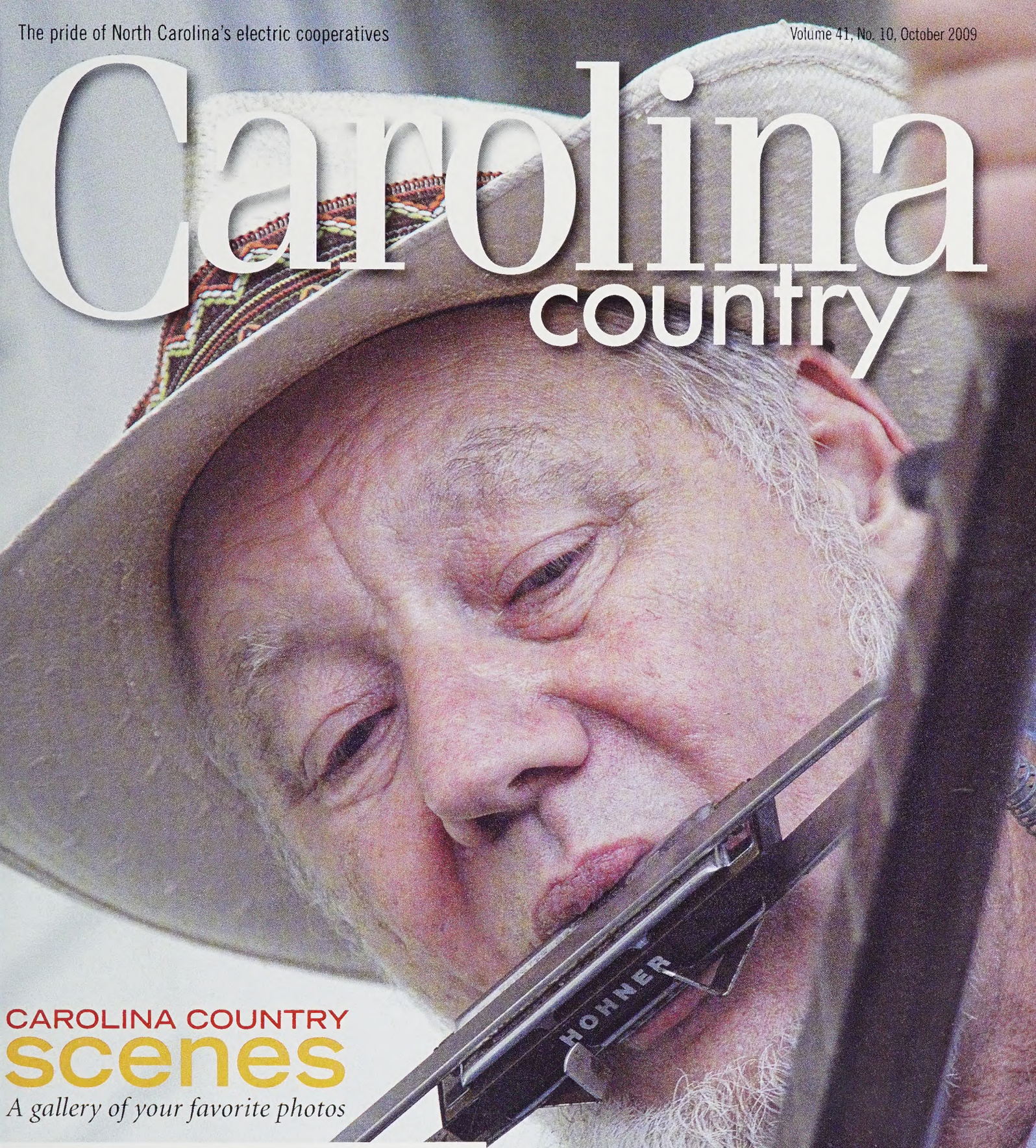
The pride of North Carolina's electric cooperatives

Volume 41, No. 10, October 2009

Carolina country



CAROLINA COUNTRY scenes

A gallery of your favorite photos

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ALSO INSIDE:

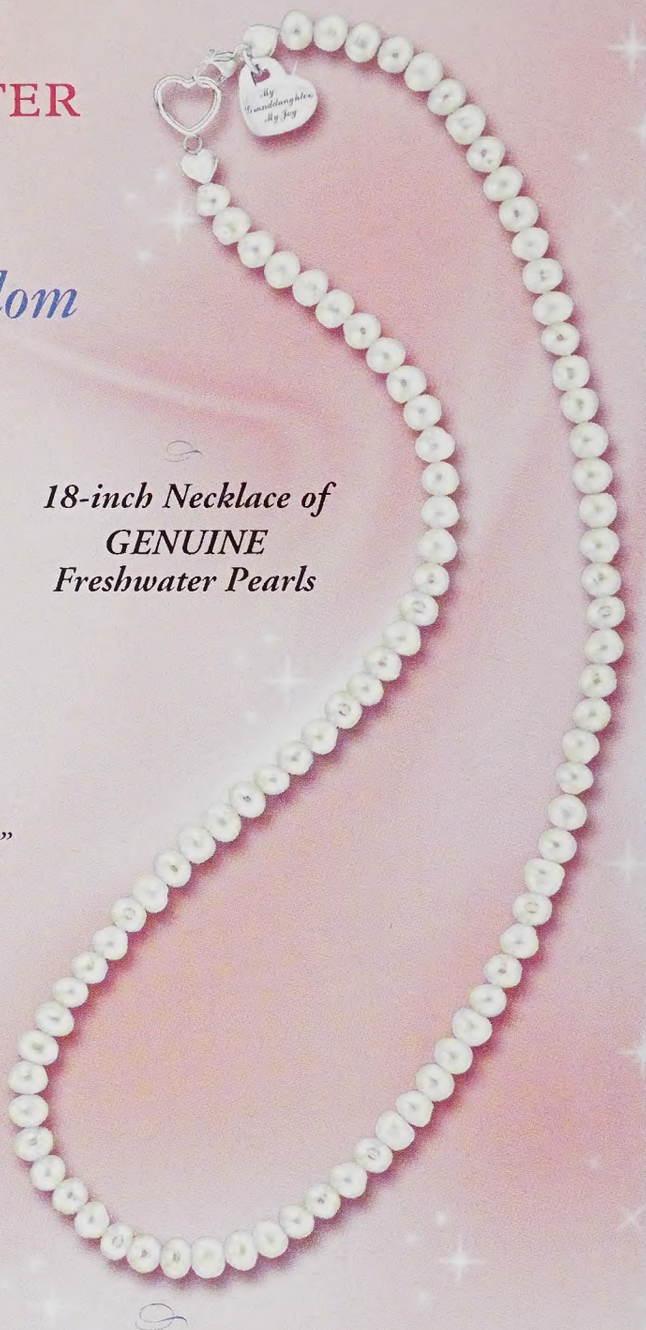
When co-ops changed America
Jacob's Log
Yadkin County adventures

It's time for persimmons and pecans—pages 22–23

To My Dear Granddaughter

Grandma's Pearls of Wisdom Necklace

Sterling silver-plated heart charm inscribed with: *"My Granddaughter, My Joy"*



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Comes in a custom-designed keepsake case with the "Grandma's Pearls of Wisdom" poem

To My Granddaughter...

Grandma's Pearls of Wisdom

I've traveled paths you've yet to walk
Learned lessons old and new
And now this wisdom of my life
I'm blessed to share with you

Let kindness spread like sunshine
Embrace those who are sad
Respect their dignity, give them joy
And leave them feeling glad

Forgive those who might hurt you
And though you have your pride
Listen closely to their viewpoint
Try to see the other side

Walk softly when you're angry
Try not to take offense
Invoke your sense of humor
Laughter's power is immense!

Express what you are feeling
Your beliefs you should uphold
Don't shy away from what is right
Be courageous and be bold

Keep hope right in your pocket
It will guide you day by day
Take it out when it is needed
When it's near, you'll find a way

Remember friends and family
Of which you are a precious part
Love deeply and love truly
Give freely from your heart

The world is far from perfect
There's conflict and there's strife
But you still can make a difference
By how you live your life

And so I'm very blessed to know
The wonders you will do
Because you are my granddaughter
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Grandma's Pearls of Wisdom poem by Becky Netherland

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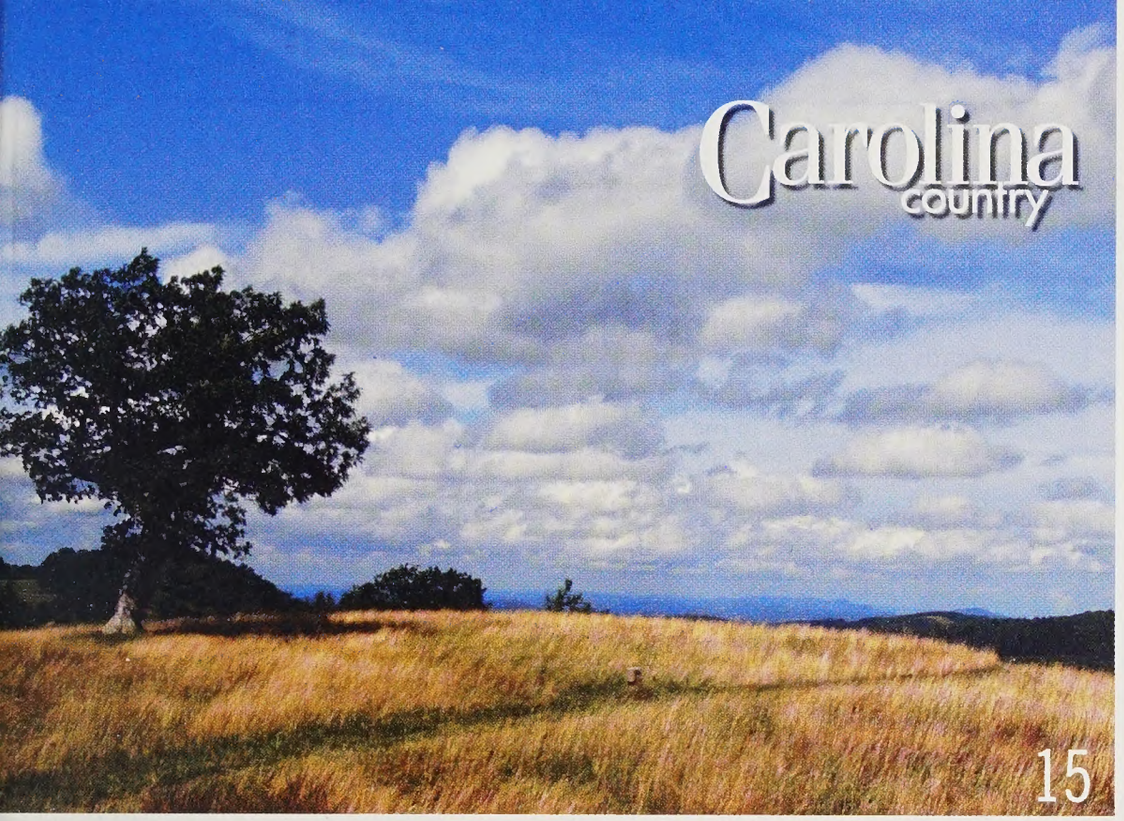

October 2009
Volume 41, No. 10

When I moved to Davie County and discovered the beautiful surrounding areas, I was in Hog Heaven with a camera. Michael W. Prince, Mocksville , EnergyUnited

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He knew something was missing when he started school this year.

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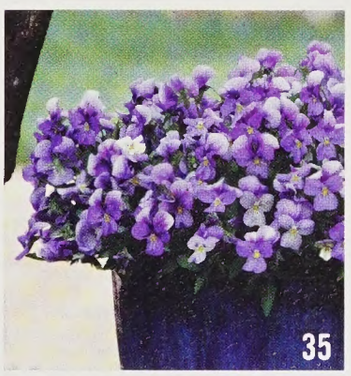
Our new series will cover some of your favorite memories.

On The Cover

Musician, storyteller and renowned potter Glenn Bolick, of Avery County's Blackberry community, performs in Blowing Rock, Aug. 8, 2009. Mr. Bolick, called a "mountain renaissance man," hosts musical and storytelling events near his wood-burning kiln that produces some of the most sought after ceramics in the mountains. Photography by Peter Morris, Vilas.



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Carolina country

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Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Real learning

The North Carolina electric cooperatives Bright Ideas grant has had a great, life-changing impact on the eighth grade students at Ramsey Street Alternative Middle School this past school year, thanks to the generosity of the North Carolina Association of Electric Cooperatives.

The majority of my students told me that in many of their previous science classes they had strictly learned from the books, watched videos, took notes, etc., but they had never actually put the scientific method into practice. They had never actually tested the things they learned, so many of them believed that science was strictly the rote memorization of various facts.

When I told them that, thanks to your generosity, they would be doing a series of hands-on activities throughout the entire year they were simply ecstatic. The students learned about different chemical reactions by actually creating them, and about the scientific method by actually applying it to solve a problem. They had a lot of fun, but they also learned more than they could have learned from any science book or teacher just explaining it to them.

Teaching science at an alternative school can be a difficult thing if you do not have the students' interest. The hands-on, inquiry-based learning that these science kits allow enables me to grab the students' interest and keep it, as well as foster a life-long love of science in them. They are no longer just reading about what scientists do, but they themselves are the scientists doing it.

Bryan A. Pirkle, Ramsey Street Alternative Middle School, Fayetteville

Helping ourselves

The lively discussion in "First Person" regarding global warming and energy legislation serves to remind us that we have as many opinions as we have co-op members. But we may be missing the forest for the trees. My bottom line is my electric bill, and though I can't directly control legislation, I can directly control my usage. And my local co-op is making it easy for me.

I've been implementing the Blue Ridge Electric energy-saving tips (from this magazine, mostly) and put their high-quality, inexpensive CFLs throughout my home and shop. I attended seminars at the annual meeting and came away with free weatherization kits (and free CFLs!) and used them. I look at the usage chart on my bill and try to find new ways to stop wasting electricity.

As a result, my family of two can run lights, a refrigerator, well water, hot water, home entertainment, a chest freezer, ceiling fans, kerosene furnace, a bathroom "warm floor," a computer, and more. All of this luxury costs us no more than $2 to $3 per day.

"Waste not, want not," my mother always said. Whatever happens in Washington, we shouldn't kid ourselves that electricity will ever be cheaper than it is now. Perhaps, instead of arguing about an unknown future, we can use the columns of Carolina Country to share with one another ways to lower our electric bills today.

M. Mueller, Blue Ridge EMC

Neighborhood recycling

Thank you so much for the re-usable Carolina Country bags we got at the Randolph EMC annual meeting. We have distributed the bags among nine families participating in our neighborhood recycling program. We are going to collect the recyclables on Fridays and see how much each one weighs. My boys are going to keep a record of how much we collect from each family and for the entire year.

Tammy Seawell, Carthage, Randolph EMC

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Your comments on climate change activity

Carolina Country last month received many comments about climate change. We don't have space to run them all but will publish excerpts that reflect the points you made.

The editors

Join the solution

September's Carolina Country with Sen. Burr's comments ["First Person," September 2009], as well as the explanation of nuclear waste and the cost of building nuclear power plants ["More Power to You," September 2009], did not address the need for clean, truly sustainable and renewable energy sources that wind and solar will give us. Change, even when it is for the best, is something foreign to those that want to stay the course even when staying this course continues to pollute our air, water and earth. The oil, coal, gas and nuclear industries can invest in a cleaner world and healthier future for us all by researching and developing affordable solar and wind energy systems. They can choose to be a part of the solution rather than continue to be part of the problem.

Dena Christine, Pinnacle, Surry-Yadkin EMC

Focus on the future

Nobody "supports" human-caused climate change, it just is. Today's culture elevates opinions over science, and when science confronts people's beliefs, desires and profits, people readily dismiss science. Still, a dismissive attitude towards science doesn't change facts.

The issue is whether we should be cautious and conservative or reckless and carefree with carbon emissions. Some say reduce emissions only if China does. I believe Americans have a moral obligation to clean up its mess for the people who'll be living in the year 2100.

Sen. Burr's concern is for today's jobs, not tomorrow's economy. That's disappointing. We have 300 years worth of energy demands in buried coal, and digging it out of the ground is the only short-term cost to burning it. Today's economy gets subsidized energy because it doesn't have to pay the potential long-term costs of altering earth's climate.

Prevention is better than the cure, and we must eliminate the subsidy on fossil fuel extraction. Cap and Trade tries to fold future environmental and economic costs of burning fossil fuels into present costs, get our carbon emissions under control, and hopefully reduce the economic costs of climate change our children and grandchildren will pay. Please reduce fossil-fuel use.

Will Wilson, professor of biology, Duke University, Piedmont EMC

Probable outcomes

Sen. Burr's comments assumed loss of jobs and increases in energy costs, but provide no accounting for the costs to all of us that climate change is likely to cause. Good scientists never say "always" or "never"; they deal in probabilities, not absolutes. The vast majority of scientists now say that it is very probable that the climate is indeed warming in response to an unprecedented release of carbon to the atmosphere. Weather patterns are changing and this is *probably* as a result of overall climate change. The excessive amount of CO_2 absorbed into the oceans is turning the seas acidic which will *likely* make it impossible for coral and shellfish to produce shells, which will lead to a collapse of important fish stocks. The Arctic and near Arctic zones are warming faster than temperate climates, which is leading to rapid die-off of Arctic forests, which will *probably* accelerate release of carbon. Climate change will *probably* result in massive disruption to agricultural systems and increased desertification in sensitive areas.

The argument is made that China and India have not committed to reducing carbon emissions; but, these countries have always argued that they refuse to do so as long as the United States refuses to sign on. Without our action, there is NO leverage to push for change in others.

When fuel becomes more expensive than labor, it may actually tip the balance back in favor of domestic production of goods. When fuel once again reaches $4+ a gallon, will it really make sense to ship cotton and wood to China and then ship T-shirts and furniture back? If we remain the greatest innovators in the world, then perhaps we can export "green" technology to the rest of the world.

As a farmer, I have to take issue with the statement that Cap and Trade legislation will lead to a loss of farm income. Increased fuel costs and innovations in bio-fuels will increase farm income at a time when we are under tremendous financial stress. On our farm, we have seen increases of soil organic matter with no-till crop production that greatly exceed that which was expected. This benefits our ability to produce crops, increases soil moisture retention, and stores carbon at levels similar to forests.

Yes, we should get serious about mass transit, wind, solar and even nuclear power. There is also a tremendous amount to be gained simply through increased efficiency.

Yes, we will see energy costs increase. But I like shrimp. I like beaches. I like at least some cold weather in winter. And, I cannot farm in a desert. The climate is changing and that change will get worse if we continue to act out of greed.

Neal Grose, Harmony, EnergyUnited

Just say "no" to pollution

Power suppliers want us to think they really want a clean energy solution, but they want this as much as R.J. Reynolds really wants people not to smoke. They use pending legislation as a way to excuse their rate hike. Cheap energy production comes from coal. And there is no clean coal technology. Just ask the little town in Tennessee drowned under coal slag. Ask the people in West Virginia who have polluted wells and lungs from nearby coal mining. It doesn't take a scientist to know that we have a direct effect on our environment. The Ohio River has caught fire six times. We pollute. That's what we do. Until we get away from fossil fuels and start using renewable resources we will continue to pollute.

Tracy Ballard, Lincolnton, Rutherford EMC

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Oct. 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our November issue, will receive $25.

September winner

The September picture showed burley tobacco hanging in a barn off Hastings Road in the Union Cross community of southwestern Forsyth County. Junior Wood told us it's the Danny "Buck" Byerly tobacco field across from the Union Cross Traditional Academy ballfield. The $25 winner chosen at random from all the correct ones was The $25 winner chosen at random from all the correct ones was Ronda King of Winston-Salem, a member of EnergyUnited.

Find us on Facebook

Carolina Country magazine for many years has served to connect cooperative members with each other. When you send us questions, stories, pictures, ideas and comments, we often share them with the 660,000 others who see Carolina Country each month. Now, thanks to Internet technology, we can do the same thing every week or even every day.

The Carolina Country Web site remains the magazine's main Internet presence. But it's easy these days to have an exchange or discussion on a place like Facebook. Begun as a place for "social networking" where people engage in conversation and share pictures and information with friends, Facebook is turning into a wider communication circle. So Carolina Country has jumped in.

Along with our own, we'll do our best to post your questions, comments, pictures and information on our Facebook page if you would like to share them with the rest of the Carolina Country family and fans. If you don't have one already, open your free Facebook account, then search for Carolina Country. Be sure to click on the **Become a Fan** button at the top of the page so updates will be posted to your home page.

FOLLOW THE PATH TO YOUR DESTINY

Hand-cast and hand-painted in the Native American style

Genuine leather is hand-laced to the sculptural frame and features the art of Al Agnew

An impressive 14½ inches tall!

Shown much smaller than actual height.

DREAMS OF THE WILD

They roam the vast moonlit wilderness, yet never lose their way. Guided by the instinct in their hearts and ancestral spirits in the heavens, timber wolves follow the path of their life with strength, determination, and purpose. It is believed that when the mighty wolf appears to you in a dream, it will lead you on the path to your true destiny.

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"Dreams of the Wild" invites you to celebrate the power of the wolf to inspire the human spirit. Al Agnew's art is realized on genuine leather, which is laced to a replica dreamcatcher frame adorned with real feathers, beads, and a replica arrowhead.

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Try This!

Is thermal storage right for you?

Stand-alone electric thermal storage units are quick and easy to put in and good for areas that need additional heat, such as basement family rooms or bathrooms.

A time-tested heating technology known as electric thermal storage (ETS) and its air conditioning equivalent, called thermal energy storage, actually can save you money and provide comfort, according to research conducted by the Cooperative Research Network (CRN). By storing energy at night and using it during the day, these devices shift electricity use from periods of high demand (mid-afternoon to early evening) to periods of low demand (middle of the night to early morning).

ETS is a type of room heater that warms ceramic material in an insulated cabinet and has been around for 25 years. Stored heat continues to be released even after power to the appliance gets switched off.

Residential ETS models can be used as a primary heating system or as a supplement to reduce the burden on or expand central heating sources. Stand-alone ETS units are quick and easy to put in and are ideal for areas of the house that need additional heat, such as basement family rooms or bathrooms. Costs are significantly higher than portable heaters, ranging in price from $1,100 to $2,000. (Central heating systems generally average between $3,000 and $5,000.) But when used in conjunction with central heat, you can save money in the long run.

For example, a household that has both an air-source heat pump and an ETS heating system can see savings of $300 or more per year. At that rate an ETS unit will pay for itself in approximately four years. Maintenance costs are typically less than that of conventional systems because there are fewer moving parts.

On the cooling side, thermal energy storage systems produce cold water, ice or an icy slurry at night, when electricity costs less to generate. The frosty material gets stored before being used to cool circulated air the next day. These systems, sometimes called "ice harvesters," are often used by large office buildings.

Look out for similar-sounding technologies that don't deliver. Consumer Reports magazine recently tested a device that requires the use of a frozen gel pack. Consumers freeze the pack and slip it into a portable cooler. Although it seemingly operates like thermal energy storage, the publication found the gel pack did not effectively cool a room.

Rely on sound advice from your electric cooperative or a trusted and licensed installer when shopping for any heating or cooling system. If a system sounds too good to be true, or if the price is significantly lower than similar products, be cautious before you buy.

The Cooperative Research Network (CRN) arm of the National Rural Electric Cooperative Association monitors, evaluates and applies technologies that help electric co-ops control costs, improve productivity and enhance member service. This material was prepared by Brian Sloboda, a CRN program manager who specializes in energy efficiency.

Can you help others save energy?

Send your conservation ideas or questions to us:
P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Together We Save

Touchstone Energy cooperatives nationwide have launched a campaign to help you save money by using energy efficiently. At the heart of the Together We Save campaign is an easy-to-use Web site that demonstrates how taking simple energy-saving steps leads to real dollar savings.

Co-op members will find on the site nine animated, interactive programs. Each focuses on a different energy- and money-saving action that, once completed, gives you actual savings calculation. For example, in the "Lower Your Water Heater Temperature" application, you can change the temperature setting on the water heater dial. The application then displays a savings amount.

Enter your postal zip code on the site, and you'll be directed to your own electric cooperative's version.

The nine programs focus on:

- Lowering window blinds
- Flipping off switches
- Adjusting thermostats
- Adding insulation
- Switching to CFL bulbs
- Reducing "phantom" loads
- Sealing cracks
- Upgrading HVAC systems
- Lowering water heater temperatures

The Together We Save site also has a virtual "Home Tour" in which you can visit rooms of a house—living room, kitchen, laundry room, bedroom, basement and attic—and see at least two energy-saving action items. As you move through each room and complete the suggested actions, a digital counter keeps a running total of potential dollar savings, giving a visual representation of how simple changes rack up savings. (Source information for calculating savings is available on the site.)

The site also includes short videos showing easy-to-follow advice on energy savings tips and techniques.

All 26 of North Carolina's electric cooperatives are part of the Touchstone Energy network of co-ops, which includes nearly 700 consumer-owned electric cooperatives in 46 states.

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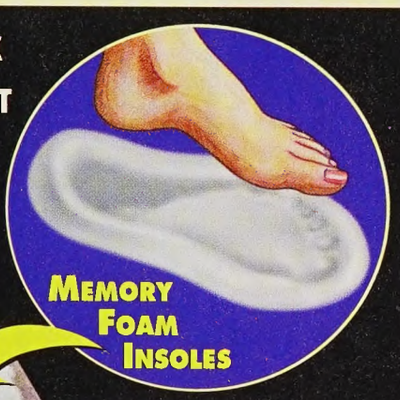

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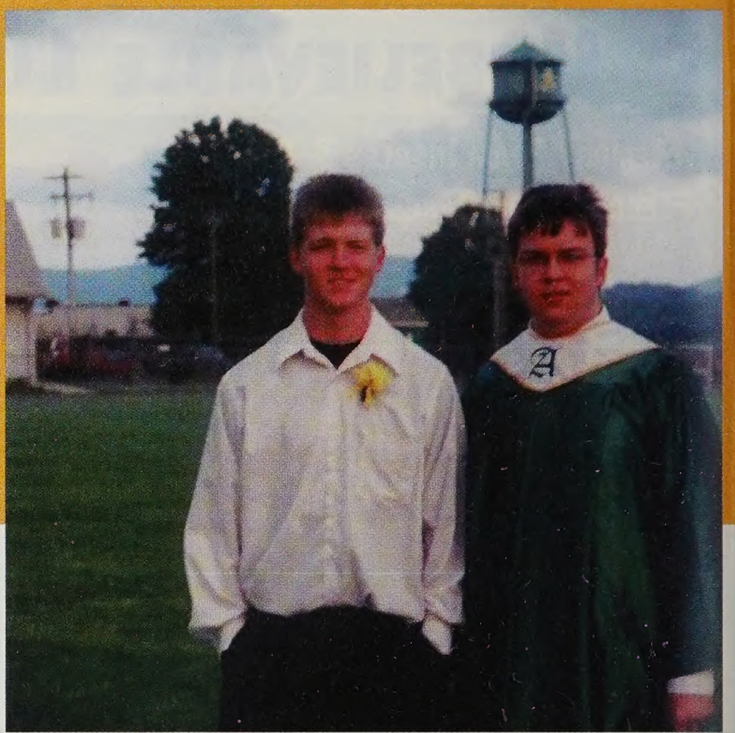
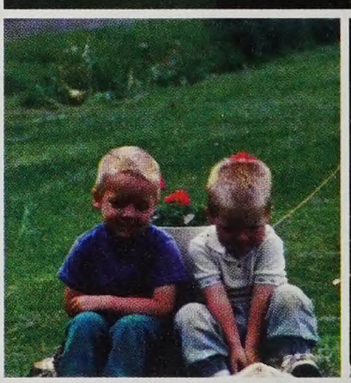
JACOB'S LOG:

Not so easy now

By Jacob Brooks





Top: This was when Josh graduated from Alleghany High School last spring. Left: That's Josh on the left. Right: We are referred to as The Brooks Brothers, so at Halloween last year we dressed as The Blues Brothers. Josh is on the left with the sousaphone. I'm on the right with the quads.

Another school year is under way, but something is definitely different this year.

At first I thought it may be the lunches. Then I realized, "No, the lunches are still terrible." Then I thought it may be the homework. But I realized, 'No, I'm still spending my evenings on five hours of homework." Maybe it's being a senior and the difficulty of choosing a college. But no, that wasn't it.

For a moment I thought maybe I had just lost my mind. I thought maybe I should send Dr. Phil an e-mail. He certainly could diagnose my problem.

Then it hit me: My best friend has left for college.

Some of you may think I'm referring to one of my buddies on the baseball team, but no. This is a friend I have known my whole life. Until now, everywhere I turned, he was there. We went to the same church, played the same sports, listened to the same music, drove the exact same car. We even shared a room our whole lives. Do you get it? My best friend is my brother Josh.

From the moment I was born, Josh and I were together. My mom reminds us that her boys, who now stand 6 feet tall, used to crawl around side by side. That's how I got my first nickname, "Easy."

Josh, who is one year older than I, apparently considered me a favorite toy when we were younger. I would be lying on the couch, perfectly content with my key ring, and Josh would come and sit by me just to make sure no harm would come to me. He would come near me, and my parents would say, "Be easy." Josh would look at me, pat me on the head, and say proudly, "Easy."

That period lasted for only a short while.

As we grew older, our differences grew as well. From the ages of about 7 through 12, we despised one another. We had the typical brother arguments. I was sick and tired of being Robin while he was always Batman. He was sick and tired of me always being sick and tired. We found a solution to our differences: fist fights. He is the one responsible for most of my scars. Also, he always won. I will say he did feel for me the next morning, and that is what counts.

Our ridiculous spats and arguments went away as we entered high school. We were in the band together, so we shared the same good friends and hung out together. We talked with one another when we rode to school in a beat down 1970 Chevrolet that had only an AM radio. If that car wouldn't crank, we would sit in the parking lot and talk for hours waiting for our mom to come pick us up. Man, that car was piece of junk! But we grew as brothers inside it.

We've shared a room our whole life, so it feels different when I sit here at my desk when he's not around. I am reminded of the line in the movie "Shawshank Redemption": I just miss my friend.

I wish Josh the best of luck at Appalachian State University. I want him to know I'm proud of him. He gave me not only most of my scars, he also gave me most of my laughs.

Jacob Brooks lives in Alleghany County. He is the national spokesman for the electric cooperatives' Youth Leadership Council.

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ONE GIANT LEAP

How the cooperative difference transformed rural America

By Megan McKoy

The Wake EMC electric cooperative formed in Wake Forest in 1940. This 1941 photo shows a reel truck and men running line at a time when similar co-ops were building systems throughout North Carolina. In April 1936, farmers and business people in the Tarboro area agreed to form a cooperative to apply for REA help to build a member-owned electric distribution system. A year later, that cooperative threw its first switch. It was North Carolina's first electric co-op and remains thriving today as Edgecombe-Martin County EMC.

Neil Armstrong realized the dream of millions of Americans when he walked on the moon.

"That's one small step for a man, one giant leap for mankind," Armstrong declared 40 years ago as families tuned in to watch the historic moment on televisions across the nation.

The fact that so many people could watch the first moon walk reflects another dream; easy access to electricity. Over the last 75 years electric co-ops have built 2.5 million miles of power lines across rural America—long enough to reach from the earth to the moon five and a half times.

Just as the Apollo 11 space mission captured the national imagination, the race to provide power to rural areas of the United States generated excitement as farmers imagined the possibilities of life with electricity. After power was available in a region, electric irons, radios, refrigerators, washing machines and toaster orders reached record highs. These simple household items connected rural American families and businesses to the rest of the world.

The co-op difference

In the 1930s, 90 percent of Americans living in cities had access to central station electricity service, but only 10 percent of rural Americans could claim the same. Since rural electric service generated little profit, investor-owned utilities required farmers and their neighbors to pay up to $3,000 per mile to build lines to their homesteads, then charged monthly rates as high as $30—far above what city dwellers paid. This was during a time when per capita income averaged around $1,800 a year.

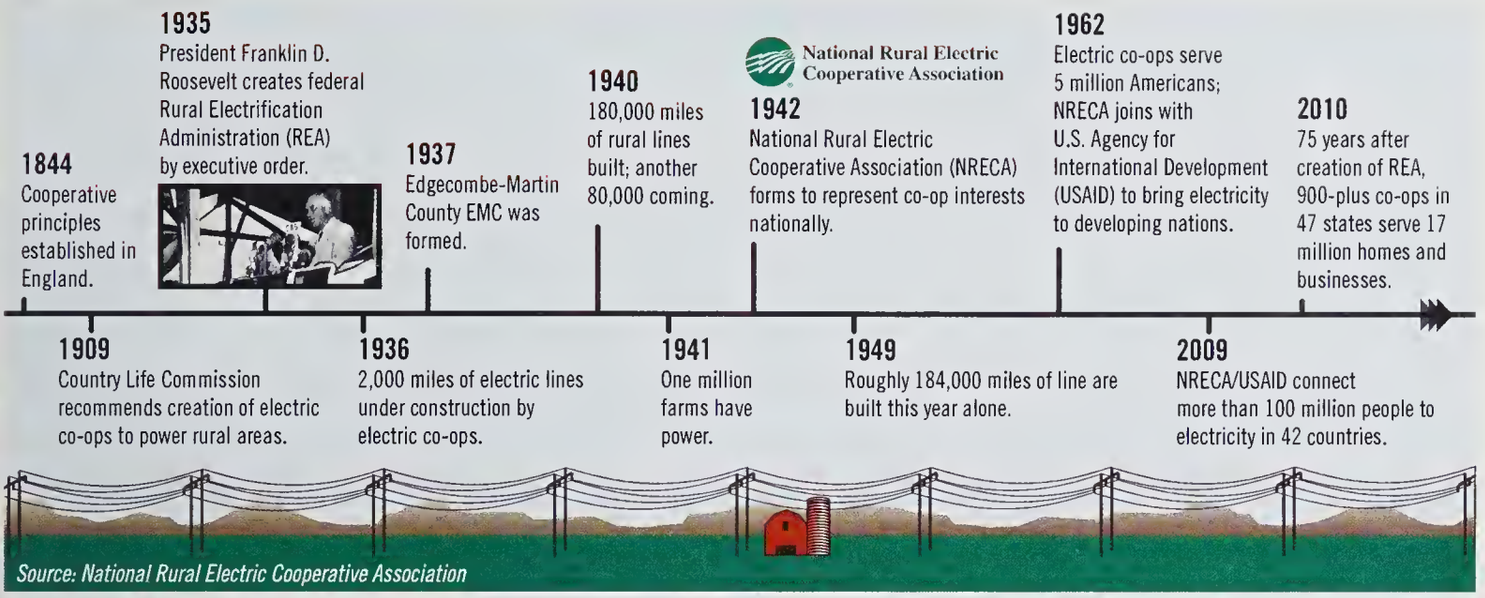
In rural areas at the time, enterprising folks deployed "light plants" powered by steam engines and windmills or complicated battery systems to provide themselves with electricity. However, these household generators were not only bulky, noisy, expensive and costly to maintain, but they produced very little electricity and posed a safety risk.

But all of that was about to change. In 1935, President Franklin D. Roosevelt signed an executive order creating the Rural Electrification Administration (REA)—now Rural Utilities Service—with one goal: to provide low-cost loans and engineering support to help electrify the countryside.

"Electricity is a modern necessity of life and ought to be in every village, every home, and every farm in every part of the United States," announced President Franklin D. Roosevelt.

To meet the challenge, farmers and other rural community leaders joined forces to form electric cooperatives. A fee of $5 was collected from each family—making them members and owners of the co-op—to generate the capital

How Electric Cooperatives Energized Rural America


1844
Cooperative principles established in England.
1909
Country Life Commission recommends creation of electric co-ops to power rural areas.
1935
President Franklin D. Roosevelt creates federal Rural Electrification Administration (REA) by executive order.
1936
2,000 miles of electric lines under construction by electric co-ops.
1937
Edgecombe-Martin County EMC was formed.
1940
180,000 miles of rural lines built; another 80,000 coming.
1941
One million farms have power.
National Rural Electric Cooperative Association
1942
National Rural Electric Cooperative Association (NRECA) forms to represent co-op interests nationally.
1949
Roughly 184,000 miles of line are built this year alone.
1962
Electric co-ops serve 5 million Americans; NRECA joins with U.S. Agency for International Development (USAID) to bring electricity to developing nations.
2009
NRECA/USAID connect more than 100 million people to electricity in 42 countries.
2010
75 years after creation of REA, 900-plus co-ops in 47 states serve 17 million homes and businesses.

Source: National Rural Electric Cooperative Association

needed to qualify for a loan. As a result, most of the nation's 900-plus not-for-profit, consumer-owned electric co-ops were formed in the late 1930s and early 1940s.

Within its first two years the REA helped co-ops invest in 53,000 miles of power lines connecting rural communities. As more people discovered the potential of electricity, business boomed. In 1949 alone, 184,000 miles of electric co-op lines were built, an average of 700 miles constructed every working day. Soon innovations in line building pioneered by co-op engineers and the competitive pressure co-ops placed on investor-owned utilities to serve rural areas slashed the cost of providing electric service in the countryside by 50 percent or more.

Even today, the economics that led to the formation of electric co-ops remain. Nationwide, for every mile of power lines electric cooperatives build and maintain, they serve an average of seven members and generate $10,565 in revenue. In comparison, investor-owned utilities average 35 customers per mile and earn $62,665 in revenue.

Since their creation, electric co-ops have a track record of offering stable and affordable electric rates. Data from the U.S. Energy Information Administration (EIA) shows that since 2000 electric co-op rates have consistently run lower than the industry average. As 2010 and the 75th anniversary of rural electrification nears, co-ops manage 2.5 million miles—42 percent—of the nation's distribution lines. The nationwide network of electric cooperatives serves roughly 17.5 million homes, businesses, farms and other establishments, representing over 42 million people—12 percent of the U.S. population. North Carolina's 26 cooperatives serve more than 950,000 member accounts in 93 of the state's 100 counties.

Economic impact

Created and owned by the members they serve, co-ops don't offer profits to investors. Instead, co-ops return to their members any money earned over and above operating costs. Refunds are based on patronage—how much of a service a member uses. Since co-ops were formed, members have received more than $545 million in patronage refunds and dividends (also called capital credits).

According to a 2009 study funded by the U.S. Department of Agriculture, electric co-ops employ 130,000 Americans, both directly and indirectly. With revenues topping out at $45 billion, the nation's electric co-ops have distributed more than $11 billion in value-added income through employee wages and capital credits.

Megan McKoy writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

The 7 Guiding Principles of All Cooperatives

Voluntary And Open Membership—Membership is available to all who can reasonably use its services.

Democratic Member Control—Cooperatives are democratically controlled, with each member having one vote.

Members' Economic Participation—Cooperatives provide services "at cost" and remain not-for-profit regardless of the value of benefits delivered.

Autonomy and Independence—Cooperatives are self-sustaining, self-help organizations controlled by their members.

Education, Training, and Information—Keeping members, directors, managers, and employees up to date on issues so they can effectively govern the cooperative.

Cooperation Among Cooperatives—Mutual support helps cooperatives improve services, bolster local economies, and deal more effectively with social and community needs.

Concern For Community—Cooperatives develop communities through programs supported by the membership.

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CAROLINA COUNTRY scenes

A gallery of your favorite photos

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www.carolinacountry.com

We received well over 100 of your photographs for this month's gallery and wish we had space to publish more. You can see more on our Web site, as well as pictures from selections in years past (go to "Your Stories"). Two months remain in our "Nothing Could Be Finer" series. Next month we'll publish your ideas for teaching kids good behavior (deadline was Sept. 15), then accounts of your funny family traditions. In 2010, we begin the "I Remember" series. *See page 26.*

[1] **ANDREW AND SUMMER RAIN** This is a picture of our oldest son, Andrew, one summer afternoon in 2004 while he was playing in the rain in our front yard. I have this picture in our living room, and everybody says it is their favorite picture. I love how you can see the raindrops falling off of the hat and see his beautiful green eyes. We hope you enjoy this picture of a summer rain shower in good ol' Surry County. ***Beth P. Darnell, Elkin, Surry-Yadkin EMC***

[2] **COWS WITH FLIES** Cows tend to lead a bucolic life, especially in the warm months. They must, however, deal with nature's pests; flies, to be specific. This pretty bovine at least gets to enjoy life in the rural Blue Ridge, spring through autumn. ***Chris Kelly, Deep Gap, Blue Ridge Electric***

[3] **DAVIE COUNTY SNOW** Ever since our family moved to Davie County seven years ago we have been praying for a good snow. When our prayers were answered this winter, I put on my boots and headed for the woods with my camera. This peaceful scene is just one of the many reasons why I love Carolina country. ***Rebecca Yarbrough, Mocksville, EnergyUnited***

[4] **BELLE AND DANNY IN THE MORNING** My wife and I love living in the foothills of North Carolina. Several times a year we wake up to a misty morning. This picture was a "keeper" when my wife caught two of her horses, Belle and Danny, enjoying a cool and beautiful morning at Hollymead Farm. ***Larry Holland, Taylorsville, EnergyUnited***

[5] **THE CRISP TREEFROG** The beauty of the tiny creatures that live in my garden in Crisp always amaze me. One day in early fall, right when the weather was beginning to turn cool, I noticed this treefrog tucked down into one of my Canna lillies, trying to stay warm. He was quite patient as I took his picture many times. The closer I got, the more hunkered down he would get. He was looking at me as if to say, "Lady, please leave me alone. I am trying to sleep."

The more I look at this picture, the more I love it. The gorgeous greens and yellows of the flowers and the details of the tiny frog with his gold eyelids are breathtaking. ***Caroline Gardner, Crisp, Edgecombe-Martin EMC***

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[6] **WAITIN' ON A BITE** This is a springtime scene of my son, Caleb, with his pup, Roo, while they played on Briar Creek near our home. We are blessed to live in Carolina country where changing seasons always offer a different and fresh perspective on life. Caleb's homemade fishing pole didn't catch any fish that day, but the pair sure had a good time waitin' on a bite. ***Robyn Houser, Casar, Rutherford EMC***

[7] **LAST CHAPTER** It is hard to imagine the area that is today's Research Triangle Park as a pastoral community depending on agriculture. Reminders of the days before there was an RTP remain hidden in patches of woods and other nooks and crannies not yet touched by modern day progress. When I found this house, well hidden but just yards from busy I-40, I stepped into a time warp. Nature and vandals have robbed it of much of its luster, but as I strolled around the fields and woods admiring the lovely pond and the remnants of flower gardens, it is easy to imagine what a splendid place it must have been. I could picture generations of a family who lived on this farm. The grandchildren who later visited from the city probably slept in the decaying camp that sits next to the pond. A sign here now announces condominiums, foretelling the next chapter in the history of this land. ***Kevin McHenry, Apex***

[8] **WESTIN RESTING** Our grandsons celebrated summer this year vacationing at Southern Shores on the Outer Banks. Our youngest grandson, Westin, played his heart out but still found a few moments to rest and enjoy the sight and sound of the ocean. ***Barbara White, Bear Creek, Randolph EMC***

[9] **NEW LIFE** This photo was taken about a week after our second daughter was born. We had lost our son, Daniel, one year before. So the expression on our older daughter's face tells exactly how I felt: in awe of the little life that was so healthy and with us and in awe of what God had brought our family through the previous year. When I see this picture on our piano, I am thankful for all the children God has blessed us with. ***Daphne Petrey, Fleetwood, Blue Ridge Electric***

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[10] **NO HURRY ON HIGHWAY 49** It was January of this year, and I had decided to leave my college, Liberty University, and go home for the weekend to celebrate my friend's birthday. I had pushed the speed limit the entire way home, believing the whole way that I couldn't get to Oakboro fast enough. Nearly 30 minutes from home, as I exited onto Highway 49, my rush came to a halt, and I was quickly reminded of why I love calling North Carolina my home.

When traveling, I always leave my camera ready to use in my front seat just in case I come across something. As I was driving along this day, I approached this family, who looked to just be taking in the time that they had together, in no hurry or dash like I'd been. I do not know who these people are, nor do I think that they even noticed me propping my camera on the steering wheel to snap a quick picture. But they slowed my driving down, and they made my day. ***Whitney Cope, Oakboro, Union Power Cooperative***

[11] **THE PUMP HOUSE** This moment took no prompting or posing. It is at one of our family's holiday gatherings. These are a few of my great nephews and great niece perched atop Mom's Pump House. Through the years, The Pump House has served as more than where the water come from. It was where you laid back at dusk and watched the sunset. It was base for Freeze Tag, a good spot to watch fireworks or the stars at night, a place to just sit and ponder and dream.

This picture takes me back to when I was their ages, sitting atop The Pump House. I remember Dad building a new rooftop for The Pump House when I wasn't much older than they are. We lost Dad in 1981, and Mom turns 75 this year. Through the years, all of their six children, 11 grandchildren and 22 great-grandchildren have spent time on The Pump House at some time or other. ***Mark Smith, Lincolnton, Rutherford EMC***

[12] **A CAROLINA COUNTRY TRADITION** It was a cold, frosty morning in mid November when I received a call from the Hill family asking to help them with their hog killing. We got to work a little after dawn. As we walked across the frosty ground, watching our breath make steamy clouds in the cold morning air, we were glad for the warmth of our overalls. After shooting one of Bobbie's hogs, the five of us hauled the large animal down to the butchering site. Grandpa Earl Hill had heated the water to a rolling boil and large clouds of steam poured out of the boiler. After we had laid the hog on a bench, Earl emerged from a cloud of steam with two scalding buckets of water. He made several trips pouring bucket after bucket onto the hog. Soon the hair started to slip off the steamy beast, and everyone went to work scraping.

I couldn't help but notice how picturesque it was, with my neighbors' faces half lost in the clouds of steam that were rolling off the hog. It was inspiring to see three generations working together doing something that has been passed down in Carolina country for hundreds of years. ***Todd Elliott, Union Mills, Rutherford EMC***

Here is the final theme in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about it. If yours is chosen for publication, we'll send you $50. Check out our new series that begins in January (page 26).

December 2009 Funny Family Traditions
Strange traditions in your family, not necessarily just for holidays. *October: June 15*

Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
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[13] **HATTERAS FLEET AT DAWN** I moved to Hatteras from St. Louis, and I go sportfishing as often as I can. This is the fleet leaving Hatteras at sunrise. Hatteras Inlet is a treacherous stretch of water, and the boats slowly make their way offshore while the sun rises above the waves to greet the day with a cheery "Hello!" and the wind sings exotic melodies from faraway places. ***Melba Milak, Hatteras, Cape Hatteras Electric***

[14] **THEIR DAILY ROUTINE** My family and I just bought a second home in Piney Creek. We are from Miami, Fla., so we love spending every season in North Carolina. My children really enjoyed this past spring when we visited a dairy farm nearby in Sparta. It was a rainy day with lots of fog, but the cows had to keep going about their daily routine. My children, Daniela, 8, and John Cristian, 4, were all gung-ho about going to milk the cows, but as soon they saw the cows covered in mud, they wanted to go back to our cabin. ***Tania M. Porro, Piney Creek, Blue Ridge Electric***

[15] **FEARLESS** Mother of three, grandmother to five and great-grandmother to 13, Granny Lottie always has had a fearless, fun-loving approach to life. A tireless, four-leaf clover huntress, she writes poetry, married her soulmate, Hugh, earned a living as a telephone operator and later a homemaker. Granny and Papa enjoyed a lifetime of love, and she cared for him until his death in 1990. She herself overcame a near-fatal bout with pancreatitis, and until last year lived on her own. She now lives alternately with Gary and her daughter Andrea. Ride the bull, Granny, as you have ridden into our hearts! ***Robin K. Michaels, Morganton, Rutherford EMC***

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[16] **POND LOVE** This is my niece, Molly, with a frog at our pond. ***Jennifer Jones, Mount Airy, Surry-Yadkin EMC***

[17] **GLEN BURNEY FALLS** Since my husband and I enjoy hiking, he bought me a book about North Carolina waterfalls for our first wedding anniversary. Three years and 65 waterfalls later, we are still intrigued by each new discovery and re-discovery, including Glen Burney Falls, a favorite in our area. Located smack in the middle of Blowing Rock, Glen Burney Trail leads you away from the hustle and bustle of Blowing Rock and into a rich canopy of trees and tranquility. ***April Everett, Deep Gap, Blue Ridge Electric***

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- Rough, Dry, Cracked Heels

Collecting Rainwater

A simple rain barrel is an ages-old way to get free water you can use

By Spring Tucker

A rain barrel is a simple way to collect and store rainwater for later use.

Rain barrels are growing in popularity as many North Carolina residents look for ways to conserve water. Many of us are facing water restrictions because of recent droughts.

Thousands of years ago, people collected rainwater in clay pots. Modern day rain barrels make collecting, storing and using rainwater easy. They also can add an interesting and decorative feature to your yard or garden.

As rain barrels collect and store rainwater from your roof, less stormwater runoff goes into storm drains and streams. That stormwater runoff often contains unwanted fertilizers and oil from roadways. Rain collection can lower water bills while conserving well or municipal water and reducing impact on our environment.

From a 1,000-square-foot roof, you can collect 500 to 600 gallons of rainwater per inch of rain. On average, one rain barrel collects about 1,300 gallons of water in North Carolina's summer months.

Installing and operating a rain barrel is simple. Place the container under your gutter downspout or wherever rainwater pours off the roof. You can retrieve the barrel's water by attaching a spigot or hose at the barrel's bottom. Depending on the grade of the area where your rain barrel is installed, elevating the barrel on a sturdy, level base will increase water flow from the spigot or hose due to gravity.

Maintaining a rain barrel is minimal compared to its benefits. Cover the barrel with screening to prevent children or animals from getting in and to discourage mosquitoes and ward off leaves and debris. The water is not drinkable—think of the droppings from birds and other animals, as well as chemicals and residue from the roof. But the water is great for lawns and plants you don't intend to eat. Rainwater is free of chlorine and other chemicals found in municipal water. In colder climates, some types of barrels should be drained in winter to prevent ice damage. Most rain barrels are designed with an overflow hole allowing you to direct the excess water away from your home's foundation or into another rain barrel with a simple linking kit. It's crucial to send excess water away from your house and foundation.

Many gardeners are adding rain barrels as a decorative feature for their garden. You can run a soaker hose from it to provide regular watering. Several communities across the country have art competitions where artists paint rain barrels and auction them to raise money and awareness about the importance of conserving water. Painted barrels can add a touch of whimsy and charm to your garden or brighten a shady nook. Gardeners landscape around them as focal points, use them to add interest along garden paths, and even train vines or grow flowers on top of their barrels.

Some do-it-yourselfers make their own custom storage vessels. If you prefer to purchase a rain barrel, a quick Internet search or trip to your local garden center provides a wide assortment of styles to choose from. Sizes range from 15-gallon containers to 1,000-gallon commercial containers, but more commonly seen are those that hold 30, 50 or 80 gallons. Prices for average residential manufactured rain barrels range from $60 to $150. The barrels come in many shapes and materials from plastics to wood.

Spring Tucker lives in Waxhaw and is a member of Union Power Cooperative.

Persimmons

How to harvest them and use them to forecast the winter weather

By Katie Martin

Almost forgotten now, the persimmon was once a big part of Southern tradition and folklore. People still remember the sweet persimmon pudding served for holidays and special occasions. Some say the texture and flavor are like pumpkin pie.

Many native trees may be gone, but you can find them at nurseries and cultivate them in most regions of North Carolina. Contact your Cooperative Extension agent.

After a cold snap in the fall, when persimmons are pumpkin-colored, they will fall from their tree to the ground. Some people say they look like plums. The best persimmons—and the only ones you want to eat—are the really ripe ones. They will fall overnight after the wind really blows.

Baked Persimmon Pudding

By Diana Rattray

This baked persimmon pudding is served warm with whipped cream or your favorite dessert sauce. **Cook time: 55 minutes.**

- 1 cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¾ cup sugar
- 1 cup persimmon pulp *(see below)*
- 2 eggs, beaten
- 1 cup milk
- ½ teaspoon grated lemon rind
- 2 tablespoons butter or margarine, softened

Sift together flour, salt, baking soda and sugar. Add persimmon pulp to the flour mixture along with beaten eggs, milk, lemon rind and butter. Mix well. Turn batter into a well-greased and floured 8-by-8-by-2-inch square baking dish. Bake at 350 degrees for 45 to 55 minutes, or until pudding is done. Serve warm with whipped cream or sauce. Persimmon pudding serves 6.

To make persimmon pulp: Choose soft ripe fruit with a transparent skin. Peel and strain the pulp or mash, removing the seeds. Add 1½ teaspoons of lemon juice to each cup of persimmon pulp to prevent discoloration if it is not to be used right away.

If you try to eat the persimmons early, before they are really ripe, the taste is not the same. An oldtimer told me that if they are not really ripe, the persimmons will "turn your mouth wrong side outwards."

You do have to fight with the deer. They will go immediately for the ones that fell during the night and eat every one. Deer seem to love the sweetness.

People in the Appalachian Mountains remember using persimmons as a tool for forecasting the weather. You check the inside of the persimmon seed to get a prediction of the coming winter. Cut a persimmon open on the flat side, and the seed will pop out on its narrowest, pointed side. It is oblong, like the seed of a peach. Cut open the seed and look to see what shape is in there: Is it a knife, fork or spoon shape?

According to Appalachian folklore, the shape tells how severe the winter will be in that area. If the inside of a persimmon seed is in the shape of a spoon, the winter should be very snowy, because the spoon shape represents a snow shovel. The knife shape foretells a cold winter when the wind will cut right through you. If the seed is shaped like a fork, look for a mild winter when there will be plenty to eat.

I'm sure the deer miss how many persimmons there used to be. The rest of us miss not only that special sweet persimmon pudding, but also a good predictor of the winter ahead.

Kate Martin lives in Stokes County.

Pecans

Picking, shelling and preparing pecans

By Donna Campbell Smith

Mama's Pecan Balls

- ⅔ cup butter
- 1 cup flour
- 1 cup finely chopped pecans
- 3 tablespoons powdered sugar
- 1 teaspoon vanilla

Cream the butter and add all the other ingredients. Work the dough with your fingers until well blended. Pinch off bite size pieces and roll into a ball. (The kids and grandkids love helping with this part.) Bake on lightly greased cookie sheet at 375 degrees for about 10 minutes. Roll in powdered sugar while still warm. Makes about 5 dozen cookies.

The closet opened into the back hall of my Papa Tom's house, and it ran deep underneath the stair well. In this dark cavern were stored antique baskets, handed down for generations and used for harvesting and storing pecans. Decades of pecan storing filled the closet with the potpourri of nutty aroma that wafted out into the hall whenever the door was opened.

Picking up pecans in Papa Tom's yard was an annual fall tradition of my mother's for many years, going back to her own childhood. I "helped" harvest the nuts as soon as I could walk. I followed along, learning early to inspect the pecan for tiny wormholes before dropping it into one of the baskets. I am sure I spent more time looking for that minute portal than actually gathering nuts, but it kept me busy so Mama could go about her work.

As I got older, and more helpful, I learned there were several different varieties of pecans in Papa Tom's grove. In the backyard was a tree that produced tiny, miniature nuts. They were said to be sweeter than the others, but you had to crack a lot of them to get enough for a recipe. Another tree dropped pecans that were long and thin, and some trees had nuts that were larger, plumper, but harder to shell. Paper Shell Pecans were the favorite variety because the shells were thinner and therefore the job of getting to the nutmeat was easier. I soon learned the locations of all the different trees.

After Mama and I harvested our pecans the next chore was to shell them out. When we got down to shelling the pecans at home we used a nutcracker, the simple ones that looked like pliers. I learned I must go about this job seriously, not squeezing too hard or I'd smash the nuts. The goal was to shell the nuts out whole. We used a pick that matched the nutcracker to get out the bitter tasting bits of shell that filled the grooves in the pecan meat.

Once shelled, the nuts had a limited shelf life. If Mama was going to save them for holiday recipe,s she put the nuts into plastic bags and into the freezer. Of course, left in the shells and stored in a dark, dry place, like the closet at Papa Tom's house, the pecans would keep a longer time.

I remember many fall and winter evenings when Mama sat watching TV or visiting with friends, her stainless steel mixing bowl full of pecans in her lap. She shelled pecans until she filled a quart Mason jar with the rich nuts, and then started filling another. Mama's fingers would be cracked and stained from her task, a sign of the love that went into her work. That love was the main ingredient of the wonderful pecan goodies she made.

Mama used pecans in all kinds of recipes—cakes, pies, cookies, and candies; she even put them in salads occasionally. But Daddy and I loved salted and roasted pecans right by themselves. Mama tossed them in melted butter, salted them and spread them on a cookie sheet. She roasted them slowly in the oven. Roasting pecans could be tricky, because if left in too long, or cooked at too high a temperature they would burn. They keep on cooking after they are out of the oven, so the trick is to take them out just before they are done.

Donna Campbell Smith lives in Wake Forest.

One Way to Crack a Pecan

Mama taught me how to crack open a pecan "in the field" so I could sample a few as we gathered. It's easy. Take two pecans and hold them in the palm of your hand. Squeeze tight, mashing one pecan against the other until you hear the crack. Only one of the two nuts will break. (Why is that?) Rotate the broken nut in your hand and squeeze again until you can pick off the shell from the nut halves.

Birding Trail points people to choice sites statewide

All 3 guides are now available

Located along the Atlantic flyway, North Carolina is a bird lover's paradise. The state provides food and shelter for more than 440 bird species yearly and is a major destination for birders and nature lovers.

An imaginative birding trail project that first took wing in 2003 takes smart advantage of that fact, and can now boast statewide coverage with the release of its final regional birding trail guide. Three guides now tell about the newly completed North Carolina Birding Trail. The driving trail goes into the Coastal Plain, Piedmont and Mountains and links tourists and birders with great birding sites and nearby attractions in local communities. The tourists bring these mostly rural areas valuable dollars, and they leave in touch with nature and ready to share what they saw. The Coastal Plain portion of the Trail was completed in 2007, the Piedmont portion by summer 2008, and the Mountain region this past summer.

Each of the three, spiral-bound North Carolina Birding Trail guides for sale feature maps, color photos, detailed site descriptions, driving directions, focal species and habitat listings, and on-site visitor amenities. "While You're In The Area" listings offer additional visitor opportunities locally.

The Coastal Birding Trail guide has 172 pages and highlights 102 sites. The Piedmont guide is 176 pages and highlights 103 sites. The Mountain guide has 192 pages and highlights 105 sites.

To purchase the guides, go to the North Carolina's Birding Trail's official Web site, www.ncbirdingtrail.org. There, you can link to buy guides for $10 each through the N.C. Wildlife Resources Commission's Wild Store. Also you can call (866) 945-3746. Anyone wishing to resell the Birding Trail guides as retail books must order through University of North Carolina Press, whose suggested retail price for the book will be $18.95 per copy. In that case, click on the UNC Press link on www.ncbirdingtrail.org and it will take you to where you can order books, or you call (800) 848-6224.

There are also great online maps and detailed bird site information online at the Birding Trail's Web site. For example, from the homepage, you can click on Trails, select a region such as Coast and click on it, then select Group Maps and Site information. You'll see a colorful map and many areas within the Coast to choose from, such as Albemarle Peninsula or Southern Outer Banks. Click on Albemarle Peninsula, and you get a marked map and specific site information for that area. For example, there you'll find information about Pocosin Lakes National Wildlife Refuge, birds that are there and seasonal tips, along with directions and contact info. The Web site also provides other helpful features, including a bird search database that shows a list of birds you might find at a given site ("Bird by Site"), or a list of NC Birding Trail sites at which a particular bird species may be found ("Site by Bird"). There's also an events calendar that spotlights seasonal events.

Six organizations are involved in the partnership project: N.C. Wildlife Resources Commission, N.C. State Parks, Audubon NC, US Fish & Wildlife Service, N.C. Sea Grant, and N.C. Cooperative Extension. The trail's mission is to conserve and enhance North Carolina's bird habitat by promoting sustainable bird-watching activities, economic opportunities and conservation education.

Karen Olson House

(919) 604-5183
www.ncbirdingtrail.org

Time travel at the speed of a 1935 Speedster?

The 1930s brought unprecedented innovation in machine-age technology and materials. Industrial designers from the auto industry translated the principles of aerodynamics and streamlining into everyday objects like radios and toasters. It was also a decade when an unequaled variety of watch cases and movements came into being. In lieu of hands to tell time, one such complication, called a jumping mechanism, utilized numerals on a disc viewed through a window. With its striking resemblance to the dashboard gauges and radio dials of the decade, the jump hour watch was indeed "in tune" with the times!

The Stauer *1930s Dashtronic* deftly blends the modern functionality of a 21-jewel automatic movement and 3-ATM water resistance with the distinctive, retro look of a jumping display (not an actual jumping complication). The stainless steel 1 1/2" case is complemented with a black alligator-embossed leather band. The band is 9 1/2" long and will fit a 7–8 1/2" wrist.

True to Machine Art esthetics, the sleek brushed stainless steel case is clear on the back, allowing a peek at the inner workings.

Try the Stauer *1930s Dashtronic* Watch for 30 days and if you are not receiving compliments, please return the watch for a full refund of the purchase price. If you have an appreciation for classic design with precision accuracy, the *1930s Dashtronic* Watch is built for you. This watch is a limited edition, so please act quickly. Our last two limited edition watches are totally sold out!

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I Remember...

In January, Carolina Country will begin a new series, and we're inviting everyone to contribute. We'll publish a section of your stories and pictures about your memories of times, people, events, scenes, whatever memories mean a lot to you. You don't have to be a great writer. Just tell it from your heart.

My time machine

While I was in high school, my dad bought me a new Pontiac LeMans. How he managed that on his cotton mill salary I have yet to figure out. As I look back, this was a major sacrifice. Being a "car guy" my dad knew the importance of a cool car.

I met my Janet at Shoney's on a late October night in 1967. She has confessed more than once that the main reason she agreed to take a ride with me was because of the LeMans. Now, 42 years later, with our children and grandchildren, I guess you could say I owe a lot to that LeMans. I've often pondered its fate. I hope it's not sitting in a junkyard somewhere half covered in kudzu rusting away.

Not long ago, I discovered for sale in Virginia a LeMans like the one I had in high school. That LeMans has a new home in my garage. The next time you see me cruising it down Franklin Avenue you can be sure the radio is playing 60s music and for the moment it's 1967 again. I like to think of it as my personal time machine. It takes me back to some of the best memories of my life.

Don Pittman, Gastonia, Blue Ridge Electric

Mules in the morning

How many of us can remember how it looked when farmers used mules? I took this picture of mules in 1951 in Lenoir County. I was an assistant county agent (the livestock agent) and was headed out of town one morning when I came up this scene on the Raymond Cunningham farm just at the edge of Kinston. I had only a small camera called "The Baby Brownie". Mr. Cunningham had his tenants lined up breaking land. It was springtime.

Raymond Upchurch, Raleigh

My Daddy, the lineman

My Daddy, James L. "Jim" Penley (1916–2005), was a lineman for REA/Blue Ridge Electric. It was his first job after World War II. This picture was made in September 1947 when his group was clearing land to set poles in Ashe and Watauga counties.

Jane Penley, Boone

Learning to drive

I am 85 years old and have always lived in the country. Back then families usually had only one car, and the man drove it. But when my husband died I had to go to work. I rode with a neighbor until he retired. I was afraid to drive. I worked at Mrs. Johnson's Grill in Sanford for four years.

My brother lived in town, and I changed jobs to Mrs. Wenger's Restaurant so I could live with him one summer and walk back and forth to work.

Then my aunt called and told me she was going to take driver's training and learn how to drive, so I went also. I was in my 50s. My children helped me drive on weekends. My aunt and I each got our driver's license. My aunt passed away a few years ago, but I am still driving.

I worked at Mrs. Wenger's Restaurant for 35 years and retired when I was 80.

Monnie Sullivan, Dunn, South River EMC

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

VENACURA™

HEALTHNEWS

Erase Spider & Varicose Veins Without Surgery!

Once only available by prescription in Europe, all-natural formula noticeably reduces the appearance and embarrassment of varicose & spider veins.

If only I had known! Last summer I finally decided to give away all of my shorts and above-the-knee skirts. I'm a youthful, active woman. I try to exercise often and I think I look pretty good—at least my husband tells me so. But my spider veins and varicose veins had gotten to the point where I was too embarrassed to go out in public showing my legs.

Surgery Wasn't For Me

I've even looked into some surgical options for these hideous green and purple lines all over my legs, but let's face it, surgery is too expensive, and doctors can't promise new veins won't reappear afterwards. Realistically, I don't have the time to take off work or not be there for my family. So out the shorts and skirts went.

Used by Doctors In Europe for Decades

Then a friend told me about Venacura™, a new product she's been using that just became available here in the U.S. that reduces the appearance and embarrassment of varicose veins *naturally* without surgery. Venacura contains Diosmin 95, which has been used for years in Europe to promote healthy veins. This ingredient has been proven in clinical trials to help significantly reduce the appearance of varicose and spider veins by increasing the metabolic activity in the veins which helps to bring new life and vitality to tired legs.

Visible Results You Will See and Feel

Needless to say, I couldn't wait to try Venacura™ for myself. I started taking it once a day and within 30 days my spider and varicose veins began to actually fade. I even noticed the swelling in my lower legs was better especially on the days when I was on my feet all day.

Now I Can Show My Legs Again

After taking Venacura™ now for a few months, my legs look and feel great. Even my husband (who doesn't notice anything) suggested maybe now with the warmer weather we should go to our community pool again sometimes *...which means exposed legs!* (he was even more embarrassed then I was). I said YES because now that I've got these smooth, younger-looking legs again, I want to show them off. Maybe this year I will get to the beach. I only wish I had heard about Venacura sooner!

Available For the First Time in U.S.

Venacura™ contains the powerful ingredient Diosmin 95, a naturally occurring flavonoid that can be isolated from various plant sources. Diosmin 95's has been used in Europe for decades as an all natural treatment for veins and the venous system. It has undergone 20 years of clinical testing and is currently used by doctors throughout Europe. After further refinement by Venacura,

What Our Customers Have To Say About Venacura...

*"I have been using Venacura for four weeks and think it is amazing. Since using Venacura I can actually see skin tone emerging. The other veins in the leg are also diminishing in color and size. I never thought there was a chance of ever wearing short skirts again; now there is hope."**

— Renee A.

Diosmin 95 is now available as a once-a-day dietary supplement and for a limited time on a risk free trial basis.

Trouble Finding Venacura™?

Venacura™ is the only oral supplement containing Diosmin 95 currently available in the U.S. that you can try for FREE. Venacura is not available in stores and you can only order directly from the manufacturer while limited supplies are available. The manufacturers are so confident that Venacura will makes your legs look and feel significantly younger and healthier and that you'll love the results, they are offering a 30 day risk free trial offer...because seeing is believing.

To get your supply of Venacura risk free for just a small shipping and processing fee, call today. Operators are standing by to let you try one of the greatest breakthroughs in reducing the appearance of varicose and spider veins without spending hundreds of dollars on lasers or surgery.

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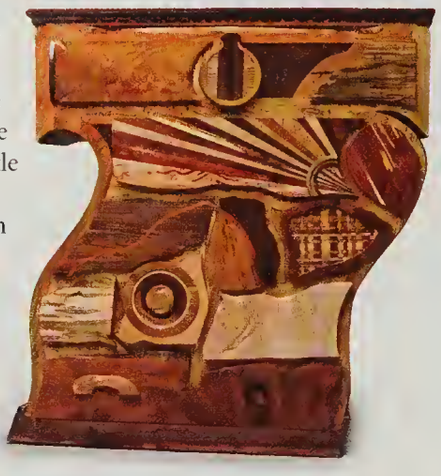
** Does not provide surgical results. Results may vary.*

Spiritual works of wood



Artist Cliff Little creates works of art from carefully selected wood he finds while roaming through the forests near his home in the Blue Ridge Mountains. Little says his handmade art is "perfectly imperfect." Often choosing what others might call flawed wood, he works to enhance flaws and believes it is his job is to coax and blend the woods into revealing their true colors and character. The result is unique, functional art infused with a spiritual essence. Prices depend upon the time spent and numbers, sizes and types of wood used. Generally, Little's wood pieces range from $500 (small wall-hanging pieces) to more than $10,000 (intricate furniture pieces, mantles, etc.). Little is a member of Blue Ridge Electric and lives in Nathans Creek.

(336) 977-8966
www.thespiritsvision.com

Crown molding tools

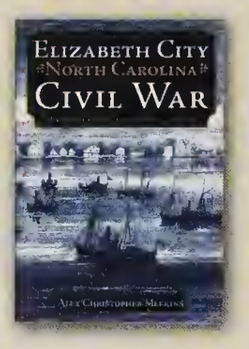
Patented by North Carolina native and professional carpenter Haley Burch, EasyCoper and BaseCoper are durable jigs designed out of a need to simplify the task of coping crown and baseboard molding. The lightweight jigs, sold by EasyCoper Tool Company in Greensboro, allows woodworkers, carpenters and do-it-yourselfers to use a jig saw instead of a regular hand-held coping saw, saving time, materials and reducing wrist and hand stress and arm fatigue. EasyCoper, which is patented, sells for $34.95 and there is a larger one available for $60. The BaseCoper (patent pending) is used for baseboard molding and sells for $14.50.

(336) 375-9401
www.easycoper.com

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle large orders.

on the bookshelf

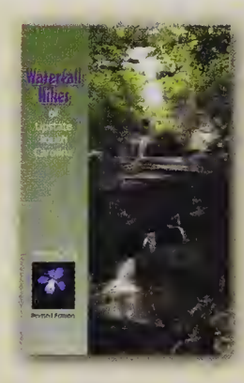
Elizabeth City, North Carolina and the Civil War



With no outlets for its agricultural staples and no ability to receive desperately needed European manufacturers, the Southern Civil War economy was asphyxiating. It was during this difficult time that a Union naval assault force breached North Carolina's coastal defenses to destroy a small squadron of Confederate warships and bombard and capture Elizabeth City. This account of a little-known theater of the Civil War helps characterizes the overall situation in northeastern North Carolina, where secessionists and Union sympathizers tangled right up until the Battle of Appomattox. "Elizabeth City, North Carolina and the Civil War —A History of Battle and Occupation" is by Alex Christopher Meeks. Published by The History Press in Charleston. Softcover, 157 pages and $21.99.

(843) 577-5971
www.thehistorypress.com

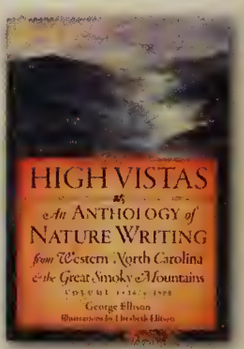
Waterfall Hikes of Upstate South Carolina



The Blue Ridge Mountains arise from the Piedmont in upstate South Carolina at the massive Blue Ridge Escarpment, known to the Cherokee as "the Blue Wall." Here, remarkable waterfalls are found in great numbers—from small cascades to roaring cateracts—and most are accessible to the average hiker on a day hike. This revised and expanded guide, written and photographed by South Carolina native Tom King, lists 125 hikes ranging in length from a few steps to 12 miles. Hikes lead to well-known waterfalls like Whitewater Falls and Bull Sluice as well as lesser known destinations like Pigpen Falls and Bee Cove Falls. Each entry has detailed directions, mileage, estimated hiking times, and trail difficulty, as well as waterfall class, rating, height and more. Published by Milestone Press in Almond. Softcover, 312 pages; $19.95.

(828) 488-6601
www.milestonepress.com

High Vistas



This anthology is devoted to nature writings on western North Carolina and the Great Smoky Mountains. Each selection features a biographical essay introducing each author from celebrated naturalists John Muir and William Bartram to lesser-known writers who reveal how he or she went about exploring and depicting the region. Searching for rare wildflowers and elusive birds, scaling vertical cliffs, experimenting with medicinal plants and encountering panthers and giant rattlesnakes are just some of the adventures that unfold. The anthology spans 1540 to 1900 and is the first volume in a two-part series. "High Vistas: An Anthology of Nature and Descriptive Writing from Western North Carolina and the Great Smoky Mountains" is written by George Ellison and illustrated by his artist wife Elizabeth Ellison. They live near Bryson City. Published by The History Press in Charleston. Softcover, 126 pages $19.95.

(843) 577-5971
www.thehistorypress.com

"Peak Escape"

This new DVD showcases the unspoiled, natural splendor of the Appalachian Mountains of North Carolina and Tennessee. The new relaxation/nature movie offers comprehensive video of the region's changing seasons, shot by Justin Goff in high definition with Dolby 5.1 digital surround sound. Footage that celebrates the area's unique beauty includes shots of Grandfather Mountain, Roan Mountain, Looking Glass Falls, Lost Cove, Whitewater Falls and Hebron Rock Colony. Normally the DVD retails for $19.99, but for Carolina Country readers, the price is $15, including shipping. From each sale, $5 will be donated to the Blue Ridge Rural Land Trust, which helps to preserve rural communities and culture in northwestern North Carolina. Readers can mail checks to G&P Pictures of Boone, 338 Cool Woods Drive, Boone, NC 28607, or order online at the Web site below. "Peak Escape" is 84 minutes long and produced by Mark Pruett of Boone.

www.shop.yourpeakescape.com

"American Spectrum" CD

Composed between 1963 and 2005, these four works draw from a wide range of musical streams—classical, popular, folk and jazz. This colorful new collection is performed by the North Carolina Symphony, conducted by Grant Llewellyn and with solo appearances by Grammy-winning jazz saxophonist Branford Marsalis and his quartet. The CD showcases the orchestra with American music by Michael Daugherty, John Williams, Ned Rorem and Christopher Rouse. Performing musicians include Paul Randal and Timothy Stewart (trumpets), Eric Revis (bass), Richard Motylinski (vibraphone), Joey Calderazzo (piano) and Jeff Watts (drums). Tracks are Daugherty's "Sunset Strip;" Williams' "Escapades" for alto saxophone and orchestra; Ned Rorem's "Lions (A Dream)" for jazz quartet and orchestra and Christopher Rouse's "Friandises." The recording is 75 minutes. Recorded by BIS Records AB in Sweden. $20.

(919) 733-2750
www.ncsymphony.org/cd

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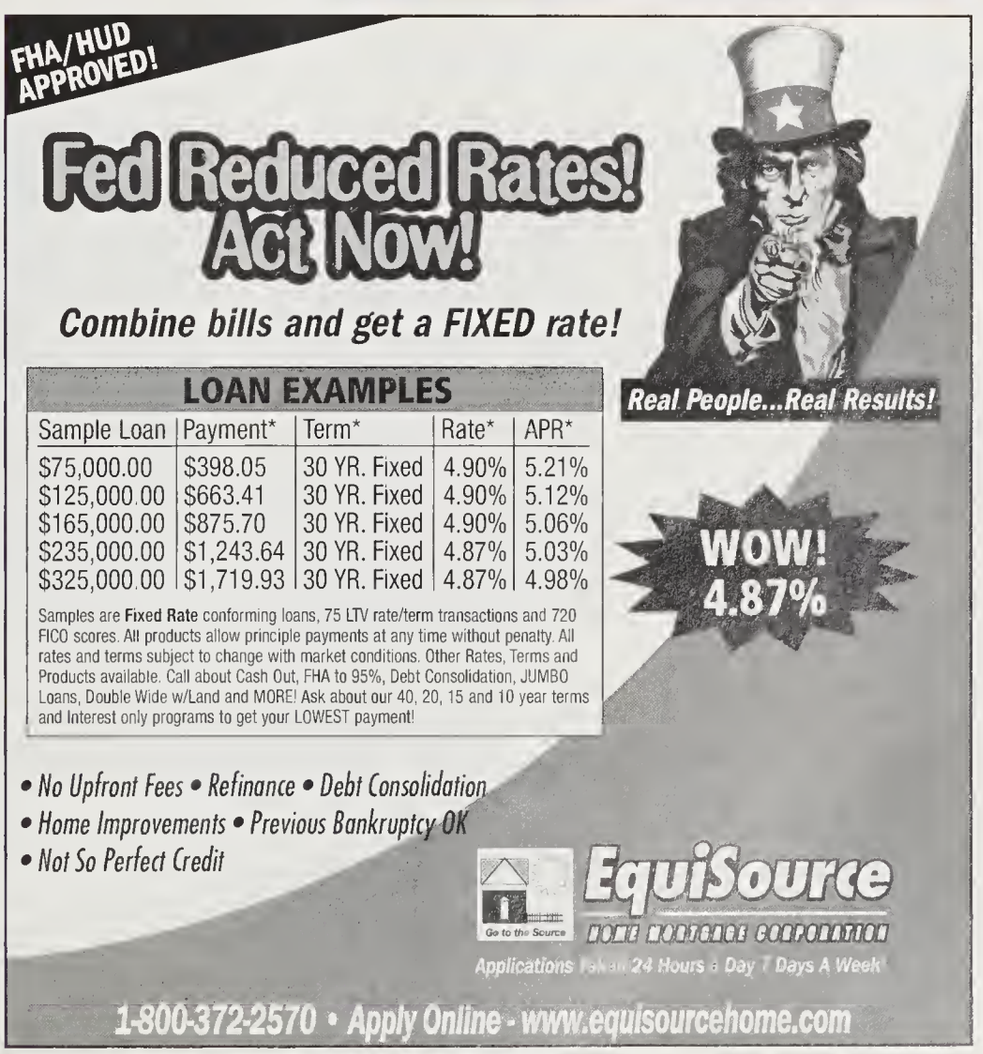
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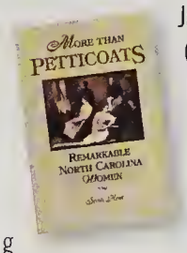
Getting To Know...

Charles Frazier

Born: November 4, 1950, Asheville
Known for: historical novelist
Accomplishments: Charles's father was a high-school principal and his mother was a librarian and school administrator. Charles lived in various small towns around Asheville, and from the books of Edith Wharton to Batman comics Charles read just about anything he could get his hands on. He graduated from the University of North Carolina at Chapel Hill in 1973, earned his M.A. from Appalachian State a few years later, then received a Ph.D in English from the University of South Carolina in the mid-1980s. He tried his hand at writing fiction but didn't like his first attempts and turned to teaching. However, when he turned 40 he began writing again. His first novel, "Cold Mountain," was based on local history and stories about his great-great-uncle and traces the journey of a wounded deserter from the Confederate army near the end of the Civil War. The culturally rich, epic novel won critical raves and a National Book Award, and was later adapted into an Oscar-winning film. Frazier was offered an $8 million advance for his second novel, "Thirteen Moons." Also set in western North Carolina, it traces one white man's involvement with the Cherokee Indians just before, during and after their government removal to Oklahoma. Frazier divides his time between the Asheville area and Florida.

Remarkable North Carolina Women

In "More Than Petticoats," author Scotti Kent pays tribute to achievements of historical North Carolina women. Kent introduces 14 extraordinary women alive during such momentous events as the Revolutionary War and the Civil War. The featured women met challenge head on and their lasting contributions are chronicled in a lively style. Readers learn about Emeline Jamison Pigott, a Confederate spy; Mary Martin Sloop, a physician and community leader in the Blue Ridge hills; and Maggie Axe Wachacha, a healer, teacher and Cherokee leader. "More Than Petticoats: Remarkable North Carolina Women" is softcover, 200 pages, $12.95. (888) 249-7586 or www.globepequot.com



Static Electricity

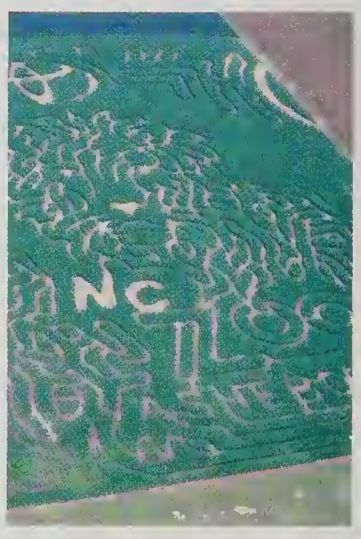
Fall is here and winter is approaching. Suddenly, your hair stands out and your doorknob gives you a little shock when you touch it. What's up? It's the static electricity, a buildup of electrical charges on the surface of objects or materials. Static electricity is usually created when materials are pulled apart or rubbed together, causing positive charges to collect on one material and negative charges on the other surface. To see its effects in action, try this easy experiment:

Experiment Materials

- Gift tissue paper (bathroom tissue paper will also work)
- Wool sweater
- Plastic comb/pen

Tear up tissue paper into small pieces. Charge up the comb or pen by rubbing it against the sweater. Hold the comb or pen over the pieces of tissue paper, and watch as the tissue paper is pulled up, up, up by the charge.

tarheel lessons
a guide to NC for teachers and students



A-Maze-Ing!

North Carolina has some great corn mazes, and among them is the one at John and Tammy Peterson's farm in Sampson County. It offers more than four miles of trails, and this year the farm is offering a Sudoku program for older grade-school kids and an Alphabet maze for younger kids. Hubb's Corn Maze is located on Highway 421 North in Clinton, and is open through Nov. 8. There also are ponies, a hay ride and a new "barrel train." The Petersons, who are members of South River Electric Membership Corporation, will also offer several haunted trails through October. (910) 564-6709 or www.hubbscornmaze.com. To find other corn mazes, pumpkin patches and other Halloween events in North Carolina, visit www.pumpkinpatchesandmore.org/NCpumpkins.php

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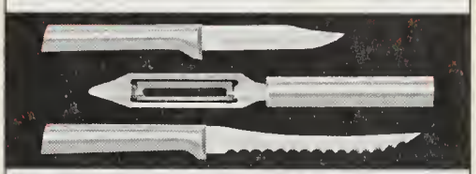

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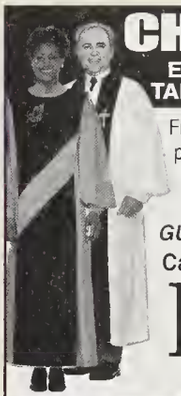

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News & Comment

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–The News & Observer

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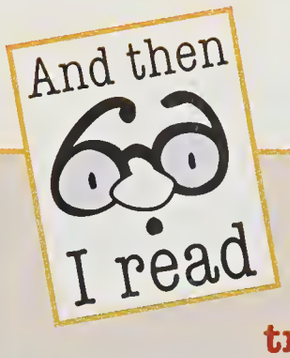

...What should have been a 2½ hour trip from Houston to Minneapolis had moved into its ninth hour...

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–THE ASSOCIATED PRESS

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A cool-blue viola

The viola 'Rain Blue and Purple' took top honors in the 2009 All-America Selections annual competition. Violas, sometimes called miniature pansies or Johnny jump ups, are vigorous, being more cold-tolerant than the large-flowered pansy and generally having a longer blooming season. The 1½-inch blooms of 'Rain Blue and Purple' open as purple and white and mature to purple and blue. Single plants spread 10–14 inches and have a trailing habit that makes them particularly fetching in containers. The AAS organization promotes new seed varieties, judged in impartial trials in North America, that have superior garden performance.

Botanical Garden greener than ever

The new Education Center at the North Carolina Botanical Garden in Chapel Hill opened in September to accolades for its superior dedication to eco-friendly features. The 29,656-square-foot center, which will be the hub of the garden's extensive educational outreach activities, received the highest level of certification for green architecture: Leadership in Energy and Environmental Design (LEED) Platinum.

The three-building complex relies on green technologies such as photovoltaic panels, above- and below-ground rainwater cisterns, stormwater retention ponds, geothermal heating and air-conditioning, natural day-lighting and low-flow plumbing. Construction materials were obtained within a 500-mile radius, including lumber milled from the site. Recycled components include steel beams made from scrap metal from automobiles. A new, expanded parking lot is topped with rain-permeable surfaces to minimize runoff. Funds to help build the $12.5 million center have so far been contributed by University of North Carolina students and more than 500 other individuals. The $210,000 student gift came from a personal "sustainability fee" approved by the students. Donations are still needed, and naming opportunities for parts of the facility still exist. For more information, visit http://ncgb.unc.edu or call (919) 962-9457.

Fall fire ant control

Early fall is a good time to tackle fire ant problems, when temperatures are between 70 F and 85 F. Control with drench treatments is more difficult to accomplish during hot summer months. This N.C. Cooperative Extension Service Web page, www.ces.ncsu.edu/depts/ent/notes/Urban/ifa.htm, provides a comprehensive overview of the imported red fire ant, including advice on chemical and non-chemical controls. Apply insecticides only when and where they are needed. Because fire ants spread, it's a good idea to collaborate with neighbors if you plan to implement control strategies.

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For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

The viola 'Rain Blue and Purple' tolerates both cold and heat, making it a long-season bloomer. Plants spread 10–14 inches in the garden or container.

Hort Shorts

- Plant daffodils, crocus, tulips, hyacinths and other spring-blooming bulbs through December. The optimal planting time is when the soil temperature at the planting depth has dropped below 60 F. Good drainage is essential for spring-flowering bulbs. Amend clay or heavy soils with organic matter.
- Bedding annuals such as impatiens, begonias and coleus may be dug and potted, then brought inside to survive the winter. If you lack indoor space for large plants, cut 4- to 6-inch sections of stem and place in water in a small jar, bottle or vase. Pinch blooms and remove any leaves below the water line. When roots form, plant in small pots and keep in a sunny location.
- Hardiness varies among bulbs such as dahlia, gladiolus, canna lily and elephant ear. Winter survival depends on many factors: the average minimum winter temperatures in your area, the severity of a given winter, the degree of shelter in your garden and the particular species or variety. If in doubt, lift and store. For instructions about hardiness and storage of many types of bulbs, visit www.ces.ncsu.edu/depts/hort/hil/hil-8632.html.
- Remove and destroy the dead foliage from canna lilies after frost to reduce infestation of leaf-roller caterpillars. The pupae of these pests overwinter in the leaves.

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October Events

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www.foothillsfarmersmarket.com

Farmers Market
Through Oct. 31, Wake Forest
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www.wakeforestmarket.org

Lazy O Farm Maze Days Adventure
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www.tweetsie.com

Out of the Blue: Coast Guard Aviation
Oct. 3–Dec.30, Elizabeth City
(252) 331-4047
www.museumofthealbemarle.com

"Sweeney Todd"
Oct. 23–Nov. 1, Misenheimer
(704) 322-1113
www.uwharrieplayers.org

Halloween Village
Oct. 14–Nov. 1, Durham
(919) 220-5429
www.lifeandscience.org

Maze of Terror
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2

Railroad Days Festival
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Seafood Festival
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www.ncseafoodfestival.org

Gaston Gem & Mineral Show
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3

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Heritage Quilt Show
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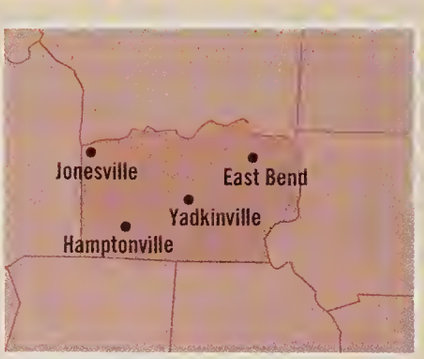
adventures



Yadkin County
Surry-Yadkin EMC, EnergyUnited territories

Yadkin County's many wineries welcome visitors and host festive events.

Learn of other nearby adventures and events:
(877) 492-3546 (1-877-4YADKIN)
www.yadkinchamber.org

Located in North Carolina's foothills and blessed with gently rolling rural landscape, the county takes its name from the Yadkin River. Yadkinville, the county seat, was formed in 1857. This town of around 2,800 sits in the palm of the designated Yadkin Valley wine country that includes Yadkin County. Consequently, there are several good hotels and bed and breakfast inns here or elsewhere in the county to accommodate the increasing number of wine lovers arriving to sample grape varietals. In Yadkinville, you can shop for treasures at Miss Emily's Antiques, savor pastries at Branch Bakery and learn all about growing and harvesting corn at Shallowford Farms, which conducts tours of its popcorn-making operations. In Hamptonville, stop by the Amish-run Shiloh General Store, where you can buy jellies and fresh sour-dough bread. Seafood lovers like Captain's Galley over in Jonesville. East Bend boasts the home of the late North Carolina Chief Justice Richmond Mumford Pearson, who taught more than 1,000 law students at his estate from 1848 until 1878 and was the first to allow women into law school in North Carolina. For food in East Bend, tasty choices include Kitchen Roselli, a flavorful stop that features Italian fare served in an historic hardware store.

Three top spots:

Shore-Styers Mill Park: Four miles east of Yadkinville in the historic Shacktown community, Shore-Styers Mill Park spans 4.41 acres of lush hardwood forest along North Deep Creek, a tributary of the Yadkin River. Its steep hills creek-side, dotted with mountain laurel and ferns, recall mountains to the west. Pretty Cascade Falls once powered several mills, and you can still see moss-covered mill foundation stones along the creek. www.shacktownnc.com

Wineries: The roads leading out of Yadkinville point to at least 10 wineries, which hold a variety of festive events year-round. Wineries in or close by to Yadkinville include Hanover Park Vineyard (hanoverparkwines.com); Rag Apple Lassie Vineyards (ragapplelassie.com); Sanders Ridge (sandersridge.com); Flint Hill Vineyards (flinthillvineyards.com); and Five Vineyards of Swan Creek (swancreekvineyards.com). Oenophiles will note that the Sixth Annual Yadkin Valley Grape Festival will be held on Saturday, Oct. 17, in Yadkinville. For more about the festival, call (336) 679-2200 or visit www.yvgf.com.

Yadkin Arts Council: YCAC has been housed over the years in a number of unusual buildings, including a freezer locker. Today, spurred by the growth of new vineyards, the Yadkin Arts Council is transforming its current digs on Main Street, the historic Whiff building in downtown Yadkinville, into a 10,000 square foot, state-of-the-art cultural center. (336) 679-2941 or www.yadkinarts.org

Master Gardeners Fall Plant Sale
Chocowinity
(252) 946-7853
www.beaufortcountymastergardeners.org

Chili Cook-off and Festival
Love Valley
(336) 731-1389

Carolina Chocolate Drops
African-American string band
Morganton
(828) 438-5294
www.commaonline.org

Craft Demonstration Day
Clinton, (910) 590-0007
www.sampsonhmc.com

Scuppernong River Festival
Columbia
(252) 796-2781
www.visittyrrellcounty.com

Open House—Holiday Preview
Cardmaking, scrapbooking, other paper crafts
Oct. 10–11, Tarboro
(252) 641-0857
www.cardscraps.com

Carolina Bonsai Expo
Oct. 10–11, Asheville
(828) 665-2492
www.ncarboretum.org

MumFest
Oct. 10–11, New Bern
(252) 638-5781
www.mumfest.com

Elizabethan Tymes
Oct. 10–11, Roanoke Island
(252) 475-1500
www.roanokeisland.com

16

Southbound Migration
Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

Chapel of Rest Fall Concert
Happy Valley, Lenoir
(828) 758-0906
www.chapelofrest.org

14

Women Making History Series: Milbry Polk
Charlotte, (704) 568-1774
www.charlottemuseum.org

15

Fayetteville After Five
Fayetteville
(910) 483-5311
www.fayettevillemuseumart.org

Historic Hauntings: A Ghastly Ghost Tour
Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

Lake Eden Arts Festival
Oct. 15–18, Black Mountain
(828) 686-8742
www.theleaf.org

16

Ruth Wyand Folk Concert
(252) 633-6444
www.downeastfolkarts.org

Chili Festival
Havelock
(252) 447-1101
www.havelockchamber.net

Quilts of the Valley
Hickory
(828) 324-6255

Ghost Hunts, Tales in the Dark
Latta Plantation
Oct. 16–17 & 23–24, Huntersville
(704) 875-2312
www.lattaplantation.org

East Coast Drag Times Reunion
Barbecue, racing, car show
Oct. 16–18, Henderson
(252) 438-2222
www.kerrlake-nc.com

Halloween Festival
Oct. 16–18, 23–25, Wilmington
(910) 686-9518
www.poplargrove.com

17

Fall Bazaar
Pinnacle
(336) 325-2660

Ricky Skaggs & Kentucky Thunder
Clayton
(919) 553-1737
www.johnstoncountync.org

Lazy O Farm Family Day
Smithfield
(919) 934-1132
www.johnstoncountync.org

Old School Sorghum Festival
Garland
(910) 564-5069
www.oldschoolsorghum.com

Grape Festival
Yadkinville
(336) 679-2200
www.yvgf.com

Sharpe Store Music Bluegrass Jam
Bear Creek
(919) 895-0705
www.sharpestoremusic.org

Autumn Fest
Mebane
(919) 563-5034
www.downtownmebane.com

1920's Gala
New Bern
(252) 638-8558
www.newbernhistorical.org

Pearls & Waders
DJ, games, auction
Harkers Island
(252) 728-1500
www.coresound.com

Autumn Festival
Oct. 17–18, Lake Lure
(828) 245-1492

20

Master Gardeners Plant Sale
Washington, (252) 946-7853
www.beaufortcountymastergardeners.org

Researching Civil War Ancestors
Oct. 20–22, New Bern
(252) 638-7800

22

Ghostwalk
Oct. 22–24, New Bern
(252) 638-8558
www.newbernhistorical.org

23

Italian Favorites Concert
Fayetteville, (910) 483-5311
www.fayettevillesymphony.org

Quilt Show—Quilts: Where Memories Live
Oct. 23–24, Sanford
(919) 775-7760

Antique Show
Oct. 23–25, Selma
(919) 965-3901

24

Lobster Fair & Arts Festival
Greenville, (252) 321-2343
www.st-tim.org

A Rolling Stones Experience
Smithfield, (919) 209-2099
www.johnstoncountync.org

Fall For The Arts
Lake Gaston
(252) 586-5711
www.oSail.org

Ole Mills Day
Hope Mills
(910) 483-5311
www.townofhopemills.com

Fall Open House
Bob Timberlake Gallery
Lexington
(800) 776-0822
www.bobtimberlake.com

"I Love You, You're Perfect, Now Change"
Musical comedy
Morganton, (828) 438-5294
www.commaonline.org

Fall Fest
Dobson
(336) 366-3111

Antiques Show & Sale
Oct. 24–25, Hertford
(252) 426-7361

25

Howard Levy
Harmonica player
Roanoke Island
(252) 475-1500
www.roanokeisland.com

28

Science Spooktacular
Incudes a ChemMystery show
Oct. 28–29, Durham
(919) 220-5429
www.lifeandscience.org

29

Ghost Walk
Smithfield
(919) 934-2836

30

Parade of Preschoolers
Costumes, Halloween fun
New Bern
(252) 639-2902

Fright Night: Haunted Hall & Bonehenge
Beaufort
(252) 728-1638
www.ncmaritimemuseum.org

Juried Art & Craft Show & Sale
Brevard, (828) 891-2652

31

Halloween Costume parade
Contests, horses, kids games, parade
Love Valley
(704) 903-4344

Trick or Treat Off The Street
Smithfield, (919) 989-8757
www.johnstoncountync.org

Heritage Day
Kenly, (919) 284-3431
www.johnstoncountync.org

Oak-tober Fest
Four Oaks
(919) 963-4004
www.johnstoncountync.org

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For Jan.: Nov. 24

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By James Dulley

Controlling lighting reduces energy use

Lighting can account for a substantial portion of your monthly electric bill, not to mention the cost to periodically replace light bulbs and the cost of fixtures. In many homes, the cost of lighting the kitchen exceeds the electricity cost of using a microwave oven.

There's also a secondary energy cost to lighting. Nearly all of the electricity used by incandescent light bulbs ends up as heat in a room. Having several light bulbs on can be equivalent to running an electric space heater on a low setting. During summer, this extra heat in your house makes the air conditioner run longer. During winter, the heat from lights helps heat your house, but at a much less efficient rate than a heat pump.

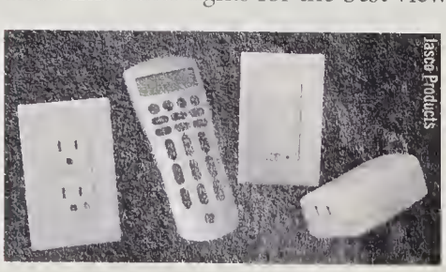
No doubt you've heard about compact fluorescent light bulbs (CFLs). By replacing incandescent light bulbs with CFLs your lighting produces 75 percent less heat, uses one-third less energy, and lasts much longer.

Central lighting controls are another efficient way to reduce lighting costs. The potential energy savings from installing even a simple central lighting control system are more than most people realize. Just count the lights in a typical home. If a lighting control system allows you to conveniently switch on lights only when needed, you'll greatly reduce your total lighting use. Most lighting control units use very little electricity themselves.

In addition to saving energy, you'll improve home security with a central light control system. For example, a system allows you to switch on exterior and interior lights from your car as you pull into your driveway. Also, variable timers switching lights on and off while you're away at night can make a would-be thief think someone's home.

Some lighting control systems allow you to select which indoor lights will turn on when you walk inside a dark house at night. With this feature, there's no need to keep several interior lights on when you leave home during the day and don't plan to return until evening.

Central lighting systems also group various lights and brightness settings, a great and efficient convenience. Most control systems include light-dimming features for lamps. For example, when reading in the evening you can program a "reading" button on the control to provide brightness where are you sitting, thus dimming the lights elsewhere–an ideal feature for second-floor bedroom areas. If you plan to watch movies in a room, program a "movie" button. This turns off and dims other lights for the best view of your television.



This central lighting control system includes a central remote control, outlet modules, switch modules and plug-in modules.

Lutron Electronics, Inc.

Central lighting control systems allow you to program special light levels for reading or watching movies.

Built-in timer controls allow you to program the timing of lighting changes, or you can make changes manually. For example, you may want to have the lights slowly brighten in the morning at a certain time instead of being awakened by a loud alarm. Some experts claim this method of waking minimizes Seasonal Affective Disorder symptoms during winter.

So how does this all work? Many of the do-it-yourself central lighting controls use Z-Wave technology to communicate with individual lighting control modules throughout your house. The central control often runs on batteries. The lighting modules plug into standard wall outlets, with lamps and appliances plugging into the module. Z-Wave wall switch modules are available to replace standard wall switches.

If you use CFLs, make sure your lighting controls work with them. To operate properly, some controls require standard incandescent bulb filaments. For lights that are only on for short periods or that need to be dimmed often, incandescent bulbs may work best.

Simple control options include IntelliSight by Lightolier, an occupancy sensor which switches on lights when it detects someone in a room. Easy to install, IntelliSight includes dimming features. Another option, the Intermatic InTouch Z-Wave system, makes setup easy.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer efficient lighting controls:

Intermatic (815) 675-7000
www.intermatic.com

Jasco Products (800) 654-8483
www.jascoproducts.com

Lightolier (214) 647-7880
www.lolcontrols.com

Lutron (610) 282-3800
www.lutron.com

Wayne-Dalton (800) 827-3667
www.wayne-dalton.com

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James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com

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Witch Hat Treats

- 3 tablespoons butter
- 1 package (10 ounces) large marshmallows
- ½ cup peanut butter
- 6 cups crisp rice cereal
- 1½ cups milk chocolate chips
- 1 teaspoon shortening
- Orange frosting
- Chocolate jimmies
- Rope black licorice

In a large microwave-safe bowl, melt butter on high for about 30 seconds. Add marshmallows; stir to coat. Microwave on high 30–40 seconds longer or until smooth. Stir in peanut butter. Add cereal; stir gently until coated. Press into a greased 16-by-9-inch pan.

In a small microwave-safe bowl, heat chocolate chips and shortening on 70 percent power for 45 seconds. Heat in 10- to 20-second intervals until melted; stir until smooth. Spread over cereal mixture. Cool completely.

Cut into 2½ by 2-inch triangles, with a thin base on bottom of triangle for hat brim. Decorate with frosting, jimmies for the buckle and licorice for the brim.

Yield: 2 dozen

Striped Chocolate Popcorn

- 12 cups popped popcorn
- 2 cups miniature pretzels
- 1 cup pecan halves, toasted
- ¼ cup butter, melted
- 4 ounces white candy coating, coarsely chopped
- 2 ounces milk chocolate candy coating, coarsely chopped

In a large bowl, combine the popcorn, pretzels and pecans. Drizzle with butter and toss; set aside.

In a microwave, melt white candy coating at 70% power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth. Drizzle over popcorn mixture; toss to coat. Spread on foil-lined baking sheets.

In a microwave, melt milk chocolate coating; stir until smooth. Drizzle over popcorn mixture. Let stand in a cool place until chocolate is set. Store in an airtight container.

Yield: 17 cups

Caramel Apple Coffee Cake

- 3 eggs
- 2 cups sugar
- 1½ cups vegetable oil
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 cups chopped peeled apples
- 1 cup coarsely chopped pecans

Topping:

- ½ cup butter
- ¼ cup milk
- 1 cup packed brown sugar
- Dash salt

In a large mixing bowl, beat the eggs until foamy; gradually add sugar. Blend in oil and vanilla. Combine the flour, baking soda and salt; add to egg mixture. Stir in apples and pecans. Pour into a greased 10-inch tube pan. Bake at 350 degrees for 1¼ hours or until toothpick inserted in center comes out clean. Cool for 10 minutes before inverting onto a serving plate.

In a small saucepan, combine topping ingredients. Bring to a boil; boil for 3 minutes, stirring constantly. Slowly pour over warm cake (some topping will run down onto the plate).

Yield: 12–16 servings

Winning reader recipe

Apple Fritters

- 2 cups flour
- 1 package (8.5 ounce) corn muffin mix
- ½ cup granulated sugar
- 1 tablespoon baking powder
- 2 teaspoons ground cinnamon
- 3 eggs
- ⅔ cup milk
- 3 apples (peeled, cored and chopped)
- Confectioners' sugar

In deep pot, heat 3 inches of oil over medium heat until deep fryer thermometer registers 300 degrees. Combine above ingredients mixing well. In batches, drop by tablespoons into hot oil. Fry turning once until browned, about 3 minutes. Drain. Cool and sprinkle with confectioners' sugar. Makes about 60 fritters.

Ann Rogers of Ellerbe, a member of Pee Dee EMC, will receive $25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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Digital Home Advantage offer requires 24-month commitment and credit qualification. If service is terminated before the end of commitment, a cancellation fee of $15/month remaining will apply. Programming credits will apply during the first 12 months. All equipment is leased and must be returned to DISH Network® upon cancellation or unreturned equipment fees apply. Limit 4 leased tuners per account; lease upgrade fees will apply for select receivers; monthly fees may apply based on type and number of receivers. HD programming requires HD television. All prices, packages and programming subject to change without notice. Local channels only available in certain areas. Offer is subject to the terms of applicable Promotional and Residential Customer Agreements. Additional restrictions and fees may apply. First-time DISH Network® customers only. Offer ends 1/31/10. HBO/Showtime: Programming credits will apply during the first 3 months. Customer must downgrade or then-current price will apply. Cinemax: Requires enrollment in AutoPay with Paperless Billing. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related marks are trademarks of Showtime Networks Inc., a CBS company. InfinityDISH charges a one-time $49.95 non-refundable processing fee. Gift with purchase requires enrollment in America's Everything Pak with DVR and AutoPay with Paperless Billing, in addition to the one-time $49.95 non-refundable processing fee. Shipping and/or handling fee is required to be paid for redemption. Gift with purchase is provided courtesy of InfinityDISH. Please visit www.InfinityDish.com/gifts for terms, conditions and privacy policy.

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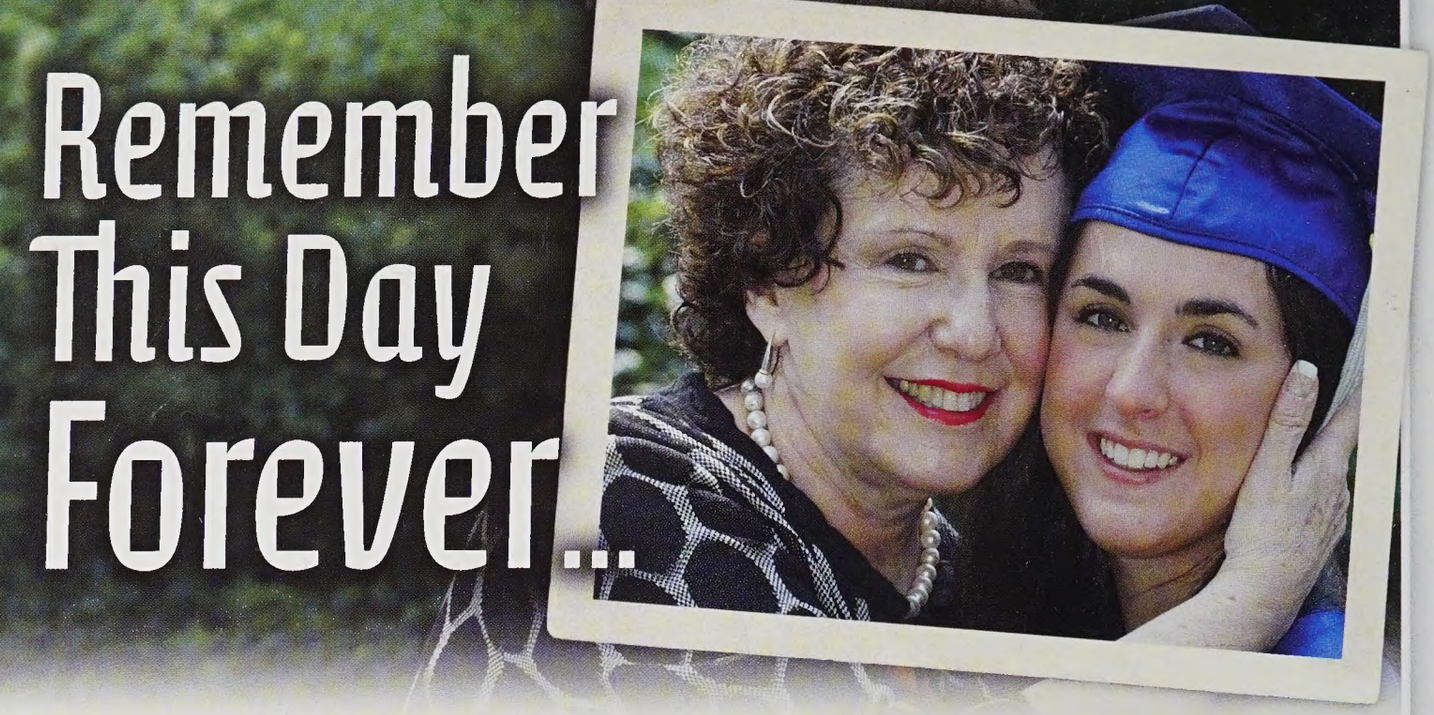

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